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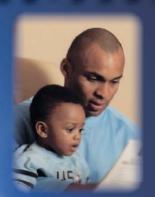
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Tuesday



American Elinor Ostrom won a Nobel on Monday.

Nobel First: U.S. woman wins top economics prize | 3

'Ain't Working': Redskins vent after frustrating loss | 17



Death Toll Rises in Storm-Weary Philippines



DEEP TROUBLE: A family looks out from their home at the flooding in Calumpit, a town in northern Philippines, on Monday. The death toll from last month's back-to-back typhoons has risen to 600, and authorities are seeking hundreds of additional coffins as the effort to assist flood victims continues.

lookout

Ahead of **Schedule:**

'American Idol' alum David Archuleta releases a Christmas album — now.

>> 33-41



Insurers' Report Draws Fire

Dems denounce industry's dire assessment as 'hatchet job'

WASHINGTON | Insurance companies aren't playing nice anymore. Their dire message that health care legislation will drive up premiums for people who already have coverage comes as a warning shot at a crucial point in the debate and threatens President Obama's top domestic priority.

Democrats and their allies scrambled on Monday to knock down a new industry-funded study forecasting that Senate legislation, over time, will add thousands of dollars to the cost of a typical policy. "Distorted and flawed," said White House spokeswoman Linda Douglass. "Fundamentally dishonest," said AARP's senior policy strategist, John Rother. "A hatchet job," said a spokesman for Senate Finance Committee chairman Max Baucus, D-Mont.

But the health insurance industry's top lobbyist stood her ground. In a call with reporters, Karen Ignagni, president of America's Health Insurance Plans, refused to rule out attack ads on TV featuring the study, though she said she believed the industry's concerns could be amicably addressed.

The drama threatened to overshadow Tuesday's scheduled vote by the Senate Finance Committee on a 10-year, \$829-billion plan that is still expected to win approval. "We've got ourselves a real health care shooting war now," said Robert Laszewski, a former health insurance executive turned consultant. (AP)



VEHICLES

An Ambulance: The Obvious Choice

Police in Lawrence, Kan., say they arrested a 21-year-old man who stole an ambulance to get home after a night of drinking. The ambulance crew parked it early Sunday while responding to a medical emergency in an area filled with bars and specialty shops. The man was intoxicated and thought he had no other way home. He led police on a brief, low-speed chase. (AP)

LAWS

Arrests Remain Clothing-Optional

Police say a Sheboygan, Wis., woman stripped in an attempt to avoid arrest for shoplifting. Julia E. Laack allegedly pocketed beef jerky and a lighter Thursday at a store. Police went to her home, where she stripped to her underwear in front of her children and told officers they couldn't arrest her because she'd be naked. Laack then scuffled with the officers and was arrested. (AP)



STUNTS

Gourds On the Go

Lisa Evans of Roslindale, Mass., leads Peter Geiger of Lewiston, Maine, during the paddleboat competition at the fourth annual Damariscotta Pumpkinfest and Regatta on Sunday in Damariscotta, Maine. The event started a few years ago when a couple local guys looked for something to do with a 700-pound pumpkin they had shown at a county fair. They hollowed it out, attached a motor and launched what has become a wacky race that now attracts more than a thousand people to the town.

MARRIAGE

'Let's Argue in a New Setting, Honey'

A Malaysian state government says it plans to offer free honeymoons to couples who are on the brink of divorce. Terengganu will pay for troubled couples to spend two nights at the state's scenic islands or

beach resorts to help them rekindle their romance under a "Second Honeymoon" program. The government hopes to launch the plan soon "to resolve marital problems and to create models of exemplary families." (AP)

So Much for Smoke Alarms

A suburban Pittsburgh man slept soundly as his home caught on fire and partially collapsed early Sunday morning. It wasn't until firefighters did a walk-through of the home more than two hours later that he woke up. Ross Township Fire Marshal John Reubi says he was "flabbergasted" that anyone survived the blaze. Officials say the house had several additions, perhaps shielding the man's room from flames. (AP)







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Nation

In Brief



This hair is thought to be Elvis Presley's.

CHICAGO

Clump of Elvis Presley's Hair Is Buzz Item at Auction

The King may be dead, but that doesn't mean it's too late to run your fingers through his hair. Elvis Presley's hair — or at least a clump Presley may have lost to an Army barber when he went into the service in 1958 — is going on the auction block this Sunday at Leslie Hindman Auctioneers in Chicago. The hair is part of a collection of more than 200 Presley items. (AP)

PHILADELPHIA

Construction Worker Dies After Plunging 125 Feet

Authorities say a construction worker has died after falling 125 feet when a tall construction lift toppled over and struck a downtown Philadelphia apartment building. Fire Commissioner Lloyd Ayers says the vehicle tipped over when it was over a grate on the sidewalk. (AP)

American Awarded Historic Nobel

Political scientist is first woman to ever win economics prize

WASHINGTON | Elinor Ostrom became the first woman to win a Nobel Prize in economics, honored along with fellow American Oliver Williamson on Monday for analyzing economic governance — the rules by which people exercise authority in companies and economic systems.

Ostrom was also the fifth woman to win a Nobel award this year — a record for the prestigious honors.

It was also an exceptionally strong year for the United States, with 11 American citizens among the 13 Nobel winners, including President Obama, who won the Nobel Peace Prize on Friday.

Ostrom, 76, and Williamson, 77, shared the \$1.4 million economics prize for work that "advanced economic governance research from the fringe to the forefront of scientific attention," the Royal Swedish Academy of Sciences said.



Elinor Ostrom, a professor of political science at Indiana University in Bloomington, became the first woman to be awarded the Nobel Prize for economics on Monday.

To be chosen for this [Nobel Prize] is a great honor. I'm still a little bit in shock."

-ELINOR OSTROM

Ostrom, a political scientist at Indiana University, showed how common resources — forests, fisheries, oil fields or grazing lands —

can be managed successfully by the people who use them, rather than by governments or private companies.



Oliver Williamson hugs a colleague Monday after winning a Nobel Prize.

Williamson, an economist at the University of California, Berkeley, focused on how firms and markets differ in the ways that they resolve conflicts. He found that companies are typically better able to resolve conflicts than markets when competition is limited, the citation said.

Ostrom told the academy by telephone that she was surprised by their choice.

"There are many, many people who have struggled mightily, and to be chosen for this prize is a great honor," Ostrom said. "I'm still a little bit in shock." (AP)



TECHNOLOGY **Sidekicks in Need of a Hero** Owners of Sidekick phones may have lost all the personal information they put on the devices, including contact numbers, because servers that remotely stored the data failed. The incident is a huge blow to the reputation of the Sidekick and is a reminder of the dangers of trusting a single provider to safeguard information. The phones are made by a Microsoft Corp. subsidiary and sold by T-Mobile USA, which says many Sidekick owners' information is "almost certainly" gone. (AP)



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Nation



Stephen Lamm, a supervisor with the ID Fraud Unit of the North Carolina Department of Motor Vehicles, looks through photos in the facial recognition system.

Face-to-Face With Privacy Concerns

N.C. tests software that scans driver's IDs for possible fugitives

RALEIGH, N.C. | In its search for fugitives, the FBI has begun using facial-recognition technology on millions of motorists, comparing driver's license photos with pictures of convicts in a high-tech analysis of chin widths and nose sizes.

The project in North Carolina has already helped nab at least one suspect, and agents are eager to look for more criminals and possibly expand the effort nationwide. But privacy advocates worry that the method allows authorities to track innocent people.

"Everybody's participating, essentially, in a virtual lineup by getting a driver's license," said Christopher Calabrese, an attorney at the American Civil Liberties Union.

Facial-recognition software

Everybody's participating ... in a virtual [police] lineup by getting a driver's license."

-CHRISTOPHER CALABRESE
AMERICAN CIVIL LIBERTIES UNION

is not entirely new, but the North Carolina project is the first major step for the FBI as it considers expanding use of the technology to find fugitives nationwide.

So-called biometric information that is unique to each person also includes fingerprints and DNA.

FBI officials have organized a panel of authorities to study how best to increase use of the software. It will take at least a year to establish standards for license photos, and there's no timetable to roll out the program nationally. MIKE BAKER (AP)

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Nation

White House, Fox News at Odds

Obama aide's rebuke of news network may reflect ongoing clash

NEW YORK | One of President Obama's top aides says Fox News Channel acts like a wing of the Republican Party.

White House Communications Director Anita Dunn told CNN's "Reliable Sources" on Sunday that Fox News operates "almost



President Obama snubbed Fox News during a one-day interview blitz last month.

as either the research arm or the communications arm of the Republican Party."

It's another sign of the White House's aggressively going after what it says is bias at the popular news network that is a favorite of conservatives'.

"Take [Republican Party] talking points and put them on the air," Dunn said. "Take their opposition research and put them on the air, and that's fine. But let's not pre-

tend they're a news network the way CNN is."

Commentators Glenn Beck and Sean Hannity have been strong critics of Obama, and Fox host Bill O'Reilly has taken tough looks at the administration. The president avoided Fox when he visited five Sunday morning news shows last month, and a recent White House blog post accused Beck of lying.

Fox News executive Michael Clemente said most viewers know the difference between news and opinion shows. He said attacking the messenger won't work. (AP)

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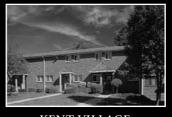
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World

Market Attack Kills 41 in Pakistan

Militants from across country teamed up in bold weekend assault

ISLAMABAD | Militants from the heart of Pakistan teamed up with Taliban insurgents from the remote Afghan border region to carry out the bold weekend assault on army headquarters, the army said Monday — an ominous development as the fourth major attack in just over a week killed 41 people at a northwestern market.

The prospect of militant networks from across Pakistan cooperating more closely could complicate a planned offensive against the Taliban in their northwest stronghold, a push seen as vital to the success of the faltering U.S. war effort in Afghanistan.

New details about the alleged leader of the 22-hour attack on



People on Monday look at flowers and condolence notes for the victims of a 22-hour weekend assault on the Pakistani army's headquarters in Rawalpindi, Pakistan.

the army headquarters less than 10 miles from the Pakistani capital underscored the bonds among the groups. Officials said Mohammad Ageel, a former member of the army medical corps, had ties to the Taliban and to two militant groups in the Punjab province that are linked to al-Qaeda.

The Punjab connection is significant because it means the Taliban may be spreading their influence beyond their traditional base of ethnic Pashtuns along the Afghan bor-

der. Ethnic Punjabis, by contrast, dominate the army and the major institutions of the Pakistani state. Al-Qaeda is primarily Arab.

The Taliban said their Punjab faction carried out the attack in that province — the first time they had referred to such an outfit and vowed to activate cells outside the Pashtun heartland.

"This was our first small effort and a present to the Pakistani and American governments," Taliban spokesman Azam Tariq told The Associated Press. Tariq said the group was seeking vengeance for the killing of its leader in a CIA drone strike.

Monday's suicide bombing took place in Shangla, a Pashto-speaking area of the Swat Valley region. The attacker was apparently targeting a military vehicle, but most of the victims were ordinary Pakistanis. CHRIS BRUMMITT (AP)

Afghan Leaves Vote Fraud Panel

KABUL | Efforts to resolve Afghanistan's fraud-marred presidential election suffered new setbacks Monday when one of two Afghans on the commission looking into alleged cheating resigned over "foreign interference" and U.N. officials acknowledged that errors and miscommunication had plagued the investigation.

Maulavi Mustafa Barakzai said he was quitting because the three foreigners on the panel — an American, a Canadian and a Dutch - were "making all decisions on their own." (AP)

HEARSAY | GAZA WAR

"This distorted report, written by this distorted committee, undermines Israel's right to defend itself."

MINISTER, ON A U.N. REPORT ON THE GAZA WAR. HE SAID ISRAELIS WOULD NEVER STAND TRIAL FOR GAZA WAR CRIMES CHARGES.



LAWS NO Butts! Syria's president on Monday issued a decree banning smoking in public places, joining an anti-smoking trend already under way in other Arab countries. The ban also includes a rare restriction in the Arab world: limiting places where Syrians can indulge in the hubbly bubbly — water pipes known locally as argileh. President Bashar Assad's decree, which will go into effect in six months, bans smoking in restaurants, cafes, cinemas, theaters, schools, official functions and on public transportation. Offenders will be fined about \$45. (AP)

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World

All in the Family in France?

Sarkozy's son wants position overseeing key financial district

PARIS | He's 23 and has no college degree, and he's angling for a plum job overseeing France's premier business district. Jean Sarkozy, whose papa is the French president, is likely to get what he wants.

Outraged critics are crying nepotism and say the bid by President Nicolas Sarkozy's son is an affront to France's egalitarian values. Leftists are decrying the prospect of the wealthy "Sarkozy clan" intertwining itself more intimately with the realm of big business.

Jean Sarkozy's conservative backers insisted Monday that he's qualified to chair EPAD, the quasi-governmental agency that



Jean Sarkozy, 23, hopes to oversee France's premier business district.

manages the La Defense financial district on the western outskirts of Paris. About 150,000 people commute to work in the sprawling complex of skyscrapers that houses the headquarters of some of Europe's biggest companies, such as oil giant Total.

Sarkozy, whose sound bites

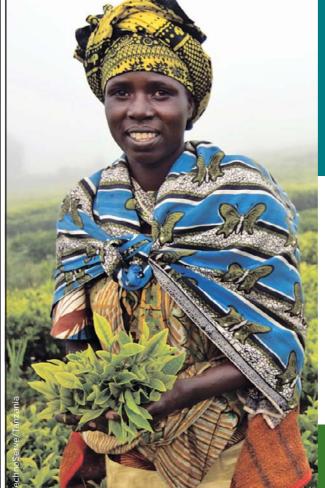
31,000

The estimated number of people who by Monday night had added their names to an online "petition" urging Jean Sarkozy to drop his bid for the EPAD job.

and on-the-stump charm recall those of his dad, is studying law at the Sorbonne. He is also the main candidate for the EPAD chairmanship. It's a job Nicolas Sarkozy once held himself.

"If he did not have the name he has, would he be where he is today?" asked Socialist Segolene Royal, who lost to Nicolas Sarkozy in 2007 elections for the presidency.

Responding to the attacks about his candidacy, Jean Sarkozy said that whatever he accomplishes in life, "my legitimacy will always be on trial." ANGELA CHARLTON (AP)



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World

China Convicts Seven for Rioting

Court sentences six to death for murder during ethnic violence

BEIJING | A court in China's far western Xinjiang region sentenced six men to death Monday for murder and other crimes committed during ethnic riots that killed nearly 200 people. A seventh man was given life imprisonment.

The sentences were the first for any of the scores of suspects arrested in the July rioting between Muslim Uighurs and members of the Han Chinese majority in the regional capital of Urumqi. It was China's worst communal violence in decades.

The official Xinhua News Agency said seven people were convicted of murder, and some also were convicted of arson and robbery. Six received the death



A policeman stands outside a courthouse on Monday in China's Xinjiang region where a court sentenced six men to death for crimes committed during July riots.

penalty: Abdukerim Abduwayit, Gheni Yusup, Abdulla Mettohti, Adil Rozi, Nureli Wuxiu'er and Alim Metyusup.

A seventh man — Tayirejan Abu-

limit — got a lesser life imprisonment sentence because he had aided in the capture of another man. The names of the convicted men appeared to identify them as Uighurs.

Public prosecutors presented witness testimony, autopsy reports, crime scene video and other evidence during the trial attended by about 400 people.

The verdicts
appeared aimed
at placating Han
Chinese who have
rallied in Urumqi to
call for swift justice.

Dilxat Raxit, spokesman for Germany-based World Uighur Congress, called the verdicts flawed. The timing appeared to indicate that China wanted the matter closed prior to next month's visit by President Obama, he said. "These verdicts were motivated by politics, not the desire to see justice served," Raxit said. CHRISTOPHER BODEEN (AP)

Media: N. Korea Test-Launches Five Missiles

SEOUL, SOUTH KOREA | North Korea test-launched five shortrange missiles Monday, reports said, in what analysts said was an attempt to improve its bargaining position ahead of possible talks with the United States.

The missile launches off North Korea's east coast were the first by the communist nation since it test-fired seven missiles in early July, South Korea's Yonhap news agency reported.

Yonhap, citing a South Korean official it did not identify, said the KN-02 surface-to-surface missiles were fired from mobile launch pads and had a range of up to 75 miles.

South Korea's Defense Ministry and National Intelligence Service the country's main spy agency could not confirm the reports. (AP)



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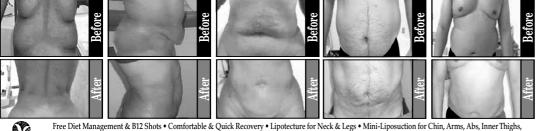
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MPD Liaison Unit Limited

Chief freezes hires into division serving the gay community

D.C. Police Chief Cathy L. Lanier has frozen new hires into the District's award-winning Gay and Lesbian Liaison Unit and wants to train patrol officers to respond to the specialty calls, a plan that has drawn anger from the gay community.

The department's Gay and Lesbian Liaison Unit, which is staffed with openly gay officers, is down to four members from seven, and Lanier said she will not fill any vacancies.

Instead, starting in November, officers from the patrol division who want to work with the gav



trained officers will be available during their regular shifts to respond to inci-

community can

volunteer for

special training,

and those newly

dents in the gay community.

Lanier said that approach will increase the number of available officers to more than 100, after several rounds of training in the next few months. But advocates say it will strike a blow to the unit's effectiveness.

Some gay, lesbian, bisexual and transgender people relied on the familiarity and trust they'd built with the officers in the unit who responded to crime scenes no matter what time of day or night to answer the unit's 24-hour pager.

The unit received national recognition in 2000 from Harvard University, a \$100,000 "Innovation in Government" award.

"There's no reason why I have to have that whole burden of that liaison unit on a handful of people when I've got more than 5,000 employees," Lanier said. THEOLA LABBÉ-DEBOSE (THE WASHINGTON POST)

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UNIFIED FRONT: The Knights of Columbus sit beneath the Christopher Columbus statue at Union Station as part of the annual Columbus Day ceremony with the National Park Service Monday afternoon in Washington.

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Powerball Could Start Soon in Md.

BALTIMORE | Maryland's lottery director says Powerball could be coming to the state in four or five months.

Buddy Roogow tells WBAL-AM that an official announcement could come in the next few days.

Roogow says negotiations have taken place over the last several months between officials in the states that operate Mega Millions and Powerball.

He notes that Powerball ticket sales in Maryland should bring in \$25 million in additional revenue each year to the state.

Roogow expects sales to total \$50 million in a full year. Currently, 34 states participate in the Powerball game. (AP)

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Mid-day Lucky Numbers 5-4-7 Evening Lucky Numbers (Sun.) 3-8-8 Mid-day DC 4 1-9-8-9 Evening DC 4 (Sun.) 2-5-7-0 Evening D.C. Five (Sun.) 4-3-0-7-0 Daily 6 (Sun.) 5-7-11-15-16-30 (13)

Mid-day Pick 3 1-1-4 Evening Pick 3 (Sun.) 9-1-1 Mid-day Pick 4 1-9-1-1 Evening Pick 4 (Sun.) 8-8-9-3 Match 5 (Sun.) 14-20-31-32-35 (26)

Mid-day Pick 3 1-5-0 Evening Pick 3 (Sun.) 3-7-9 Mid-day Pick 4 0-3-5-8 Evening Pick 4 (Sun.) 5-8-3-2 Mid-day Cash 5 (Sun.) 12-16-17-28-33 Evening Cash 5 (Sun.) 17-23-27-31-34

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Local

Tiny Woman, Big Appetite

Md. mom, hair salon owner among world's top competitive eaters

Juliet Lee's first bite of the day is a doozy. With elegant little fingers she jams half a beefsteak tomato into a mouth that looks better sized for an olive on a toothpick.

And this isn't even for money. "I could eat 20 tomatoes," says Lee.

She's not exaggerating. Standing just over 5 feet tall and weighing just over 100 pounds, Lee has a quirk for which she is becoming increasingly famous: being a diminutive beauty with the appetite of a linebacker.

Lee — a 44-year-old Germantown mother of two and a busy hair salon owner — is also currently the 11th-highest-ranked professional competitive eater in the world.



Juliet Lee, shown at her Germantown, Md., home with her husband, Joey Callow, has downed 34 hot dogs, 48 tamales and 22 barbecue sandwiches — all within minutes.

This yoga-practicing suburbanite, who wears size-zero jeans and shops the junior racks at Kohl's, has eaten, for example, 34 hot dogs, 48 tamales, 22 pork barbecue sandwiches and nearly five dozen Krystal hamburgers — all within minutes.

Lee thought of her daily bing-

ing three years ago when she heard about a local pizza-eating contest.

"I thought, 'I can do that," she says. "That's me. I love to eat and love to compete. It's natural, like a cat knows he can jump from the top of the stairs." STEVE HENDRIX (THE WASHINGTON POST)



SAFETY **Stunning Move** Chevy Chase Village wants to use one favorite tool of modern law enforcement to pay for another. Village Police Chief Roy Gordon is looking to spend \$30,000 in speed-camera revenue on I2 Tasers. He says the stun guns are an important public safety tool that would give his officers a less-deadly option than a firearm. (AP)







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Sports

Rogers: 'Things Ain't Working'

Redskins aim to save season as speculation mounts about Zorn

REDSKINS | With their latest disastrous performance immediately behind them, the Washington Redskins began yet another week of brutal evaluation, both internal and external.

Coach Jim Zorn, whose mere existence in his position is the subject of daily discussion in both Washington and the NFL, described himself as "really disappointed" and "hurting" at a news conference in which moving on from Sunday's 20-17 loss at Carolina seemed especially difficult. Special teams captain Rock Cartwright promised a turnaround and made an emotional plea, one he punctuated by saying, "It's us against the world."

And in a locker room that is vowing to stay together — even though the Redskins haven't beaten a team that has beaten anyone else, and even though the offensive line is in shambles — there was a broad-based acknowledgement that, regardless of Zorn's future with the organization, the team must overhaul how it performs if it is to have any hope of saving its season.

"Things ain't working," cornerback Carlos Rogers said.

Five weeks into the season, the Redskins find themselves with



Redskins coach Jim Zorn is trying to keep the Redskins from hanging their heads after a disappointing loss to the Panthers.

deep-rooted, complex problems headed into Sunday's home game against winless Kansas City. It is up to Zorn to find the solutions. Several players have publicly endorsed the second-year head coach — "We're behind coach Zorn 110 percent," Cartwright said Monday — even as reports surface that owner Daniel Snyder is already planning for his replacement.

The Redskins have denied such activity. But with a slew of Super Bowl-winning coaches — Mike Shanahan, Mike Holmgren, Jon Gruden and Bill Cowher among them - currently unemployed and willing to coach again, Zorn must deal with speculation that increases after each loss.

"I'm dealing with that by, I ask myself questions," Zorn said. "What are we doing? Are we doing it right?' I'm asking all those questions, and I ask them every week." BARRY SVRLUGA (THE WASHINGTON POST)

REDSKINS INSIDER

Samuels to Sit Out **Game Against Chiefs**

LEFT TACKLE Chris Samuels will not be available for Sunday's game against the Chiefs, coach Jim Zorn said on Monday. Samuels suf-

fered a stinger on the Redskins' first touchdown against the Panthers and did not return. Though Samuels said after the game he felt better, he underwent an MRI and Zorn said,



the latest on the washington post.com.

"He's the guy I'm worried about." In his place, Stephon Heyer is expected to move from right tackle to left, and Mike Williams will line up at right tackle. (THE WASHINGTON POST)

It starts with the ownership. They bring everybody in, and they've got the last say-so of everything." -CARLOS ROGERS

Coach Zorn is not all to blame for what's going

on. It goes on the players because we're the ones that's out there playing."

SPEAKING OUT | FRUSTRATION BUILDS AT REDSKINS PARK

lt's my responsibility.

It's nobody else's, and I know that. I have resolve. I'm going to get back in line, and we're going to go do it again."

-JIM ZORN

-ROCK CARTWRIGHT

Swengali

REDSKINS | BY MATT SWENSON

Wake Me When There's a Change

WHAT'S LEFT to say about the Redskins?

They stink. They are a joke. And, yes, they are going to fire their coach - maybe not today, maybe not tomorrow, but someday soon.

At least DeAngelo Hall's being faked on by Panthers quarterback Jake Delhomme Sunday saved a legion of fans from dreaded false hope. Let's face it: Washington should have beaten Carolina. It ought to defeat winless Kansas City next week, too.

If the Redskins were able to hold a 15-point lead, we'd be won-

They stink. They are a joke. And, yes, they are going to fire their coach.

dering whether they could be 4-2 soon enough. No one is delusional enough to think the team is good, but maybe it could have improved as the season — buoyed by a fast start — went along.

There won't be any such talk. Expect more rants like the one from Fox's Jimmy Johnson that lit up the screen before Sunday's loss.The former Cowboys coach said it's time to blow up the Redskins and start from scratch. You have to love national analysts who reach conclusions months after they are obvious.

Even after a coaching change, all that will be different at Redskins Park is the face explaining the losses. So, Swengali is giving the Redskins a rest for a while. There are far more interesting teams and story lines to talk about while the Redskins spin into oblivion.

RUSH Couldn't See This Coming The Rev. Al Sharpton wants the National Football League to block conservative radio host Rush Limbaugh from bidding on the St. Louis Rams. In a letter written to NFL Commissioner Roger Goodell, Sharpton said Limbaugh has been divisive and "anti-NFL" in some of his comments. In 2003, Limbaugh worked briefly on ESPN's NFL pregame show. He resigned after saying Eagles quarterback Donovan McNabb was overrated because the media wanted to see a black quarterback succeed. (AP)

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Sports

Manning: Knee Injury Not Faked

Colts not concerned about QB's health after win vs. Titans

NFL | Peyton Manning's left knee may be sore, but it doesn't appear to be a serious problem for the undefeated Colts.

One day after Manning led Indianapolis to a 31-9 victory at Tennessee, coach Jim Caldwell said he had not received a doctor's report regarding the knee, something he would have expected had there been concerns. "We have doctors that are there all the time. They certainly have taken a look at it," Caldwell said Monday.

Manning said he hurt the knee when Titans defensive end Kyle Vanden Bosch hit him late in the first half. The Titans (0-5) were called twice for roughing the passer on that series and afterward.



Peyton Manning and the Indianapolis Colts are off to a 5-0 start this season.

Manning was asked whether he had enticed the officials to make those calls. Manning denied it and said he actually had been hurt.

"The first one, I've had that hit before to the knee," Manning said. "I don't know if that validates it or not, but I've got to see the doctor after this and get treatment, if that makes it more valid, I guess." (AP)

United's Quaranta Out for the Year

UNITED | D.C. United midfielder Santino Quaranta will be sidelined four to six months with a foot injury.

The team said Quaranta broke a

bone in his left foot during practice Friday and will have surgery Tuesday. He had a similar injury in his right foot in 2006 while playing for the New York Red Bulls. (AP)

TODAY'S TV LINEUP

BASEBALL (8 P.M. ON TBS) If necessary, the Phillies-Rockies NLDS moves back to Philadelphia for a decisive game 5.

HOCKEY (7 P.M. ON VERSUS) The Detroit Red Wings visit the Buffalo Sabres.

SOCCER (10:15 A.M. AND 1:45 P.M. ON

ESPN2) Ghana plays Hungary and Brazil takes on Costa Rica in the semifinals of the U-20 World Cup semifinals.

COLLEGE FOOTBALL (8 P.M. ON ESPN2)

Louisiana Monroe's high-powered offense is on display against Arkansas



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Sports

AP's Top 10

FLORIDA: Win in Baton Rouge solidifies its status at No. I.

NEXT GAME: VS. ARKANSAS, OCT. 17

ALABAMA: Already has two wins over Top 25 opponents.

NEXT GAME: AT NO. 22 SOUTH CAROLINA, OCT. 17

TEXAS: Moved down in the poll despite a 38-14 victory.

NEXT GAME: VS. NO. 20 OKLAHOMA, OCT. 17

VIRGINIA TECH: Big win begs the question: Is Tech that good or is Boston College that bad?

NEXT GAME: AT NO. 19 GEORGIA TECH, OCT. 17

BOISE STATE: Weak schedule means State will almost surely move down later in the season.

NEXT GAME: AT TULSA, OCT. 14

SOUTHERN CAL: Can the Trojans' defense stifle Jimmy Clausen's Heisman campaign?

NEXT GAME: AT NO. 25 NOTRE DAME, OCT. 17

OHIO STATE: Had very little trouble disposing of thenundefeated Wisconsin last week.

NEXT GAME: AT PURDUE, OCT. 17

CINCINNATI: Thursday night is its game of the season.

NEXT GAME: AT NO. 21 SOUTH FLORIDA, OCT. 15

MIAMI (FLA.): Gets another cupcake after hard early games.

LSU: Tigers' bye comes after loss to No. I Florida.

Slow-Starting Cavaliers Heat Up

Virginia shows signs of resurgence heading into Maryland game

CAVS FOOTBALL | After an O-3 start, Virginia is showing signs of another midseason resurgence with an aggressive, swarming defense and suddenly potent offense.

Back-to-back victories have the Cavaliers' confidence soaring and are reminiscent of 2008, when Al Groh's team started 1-3 before







reeling off four victories in a row in October to climb back into the Atlantic Coast Conference race. Virginia also opened 2007 with a dreadful performance at Wyoming before winning seven in a row.

Despite the recent history, nobody saw this coming: a gritty defensive performance in a 16-3 upset at North Carolina a week ago, followed by a dominating performance on both sides of the ball



Virginia quarterback Jameel Sewell scores a touchdown against Indiana last Saturday. Sewell passed for 308 yards in the Cavaliers' second-straight victory.

Outside the Box

→ Maryland football coach Ralph Friedgen says he will look at some unconventional methods to try to turn around the Terrapins' dismal season. | Today's Sports



in a 47-7 blowout of Indiana.

So, now Virginia has momentum as it enters its ACC schedule in earnest with a game next week at Maryland. Last year's 31-0 home victory over Maryland started Virginia's midseason run, but this time the game is in College Park.

A big reason for the turnaround is senior quarterback Jameel Sewell, who was 20-of-30 for 308 yards and a touchdown against the Hoosiers. With Sewell playing well, Vic Hall's days at quarterback appear over. Hall is now primarily used as a slot receiver and in the wildcat formation. He also plays in nickel packages in the secondary.

"Whether he's returning punts, playing corner, playing the slot, playing quarterback, when hasn't Vic looked athletic?" Groh asked. "He's a great competitor." (AP)



RETURNS Sooner Than Expected Oklahoma coach Bob Stoops says leading receiver Ryan Broyles "has not been ruled out" for No. 20 Oklahoma's game Saturday against No. 3 Texas. Broyles missed last week's game against Baylor after suffering a hairline fracture in his left shoulder blade the previous week in the Sooners' 21-20 loss at Miami. He had been expected to miss two to four weeks because of the injury. Broyles leads Oklahoma with 23 catches for 346 yards and seven touchdowns this season. (AP)

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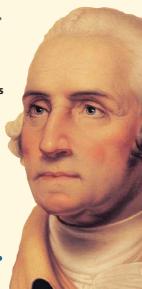
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Sports

A-Rod's Statement Series

Yankees 3B silences navsavers with clutch hits in Twins sweep

MLB PLAYOFFS | Andy Pettitte dominating for the Yankees in the postseason is as familiar to New Yorkers as cheesecake and floppy slices of pizza.

But Alex Rodriguez's suddenly finding his October swing is a new addition to the Bronx Bombers' menu for playoff success.

Rodriguez and Jorge Posada hit seventh-inning home runs and Pettitte was brilliant for 6 1/3 innings to help the Yankees advance to their first ALCS in five years with a 4-1 victory over the Minnesota Twins in their division series on Sunday night.

A-Rod's long ball tied the game 1-1 in the seventh, the second time in as many games he's hit a huge home run. His two-run shot off Twins closer Joe Nathan in the ninth inning of game 2 tied the game New York eventually won in 11 innings.

"Without Alex, we are not in this situation right now," said man-



Yankees third baseman Alex Rodriguez was 5 for II with two home runs and six RBI in the sweep of the Twins. He carried a .136 postseason average into the series.

ager Joe Girardi, whose Yankees will host the Los Angeles Angels in game 1 of the ALCS on Friday.

It was a statement series for one of the most talented players - and one of the biggest targets for criticism — in the game. Baseball's highest-paid player carried a .136 postseason average into this series and has been criticized in the Big Apple for his big-game failures and admission to using

steroids when he was with the Texas Rangers.

But he was 5 for 11 (.455) with two homers and six RBI in the three-game sweep of the Twins. "For A-Rod to have the series he had was absolutely tremendous," outfielder Nick Swisher said. (AP)

Late Game: The Phillies-Rockies NLDS game ended after Express' deadline on Monday night. For a full recap | washingtonpost.com/sports



BASEBALL End of an Era The Chicago Cubs filed for Chapter II bankruptcy protection Monday, a step that will allow their owner to sell the baseball team in an \$845 million deal. The Cubs' filing is part of the Tribune Co.'s plans to sell the team and Wrigley Field to the family of billionaire Joe Ricketts, the founder of Omaha, Neb.-based TD Ameritrade. (AP)

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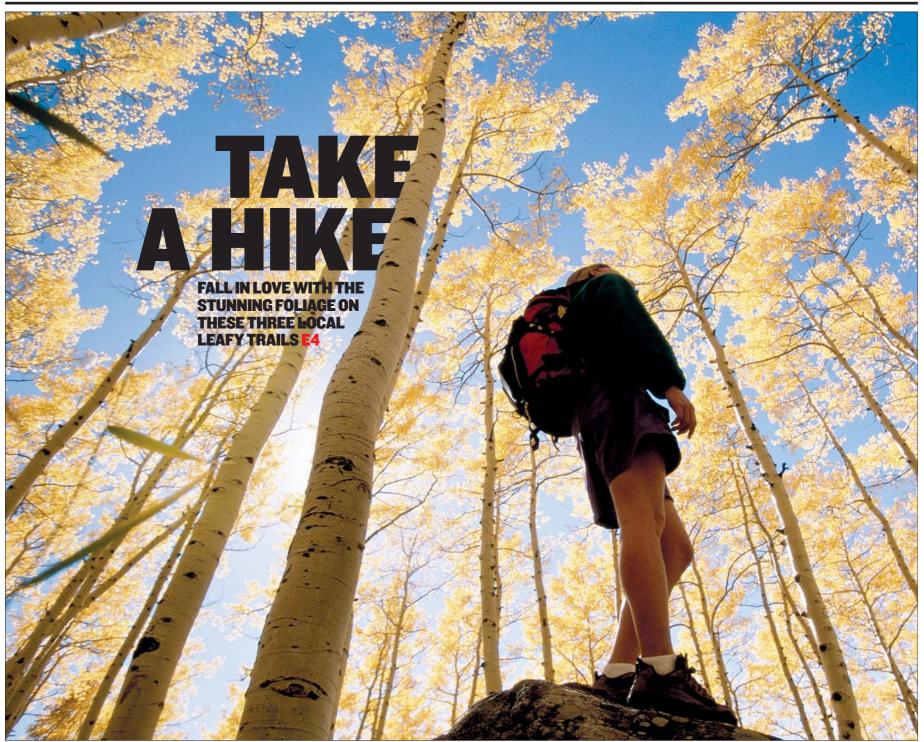
Slim down your lunch (and your waist) with one of our five diet-friendly sandwich recipes E6



Meet the unlikely adventurer who rowed an ocean **E5**

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORTTHEM OUT

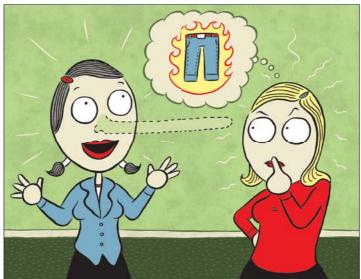
You Don't Need To Take This Lying Down

Should you challenge a pathological liar? There is a girl at my office who I know is full of it. But people listen to her and take her seriously all the time. I know she makes up stuff. I do not deal with her a lot at work, but I have to deal with her at social events, and I'm so tired of it. I want to totally call her out on it but do not know how she'd react.

- ANNOYED AT HER

That depends. How much do you value your job? And your limbs?

It's best not to stage some big crusade in which it seems like you've been collecting evidence and waiting to ambush her. But when you do hear her saying something that doesn't make sense, you don't have



RENDEPENDENT C

to take it lying down. Challenge it gently and persistently through a few of her fumbling rebuttals, and then let it drop. Your point will be made without your coming across as a bully.

This is a battle best won by sub-

tle diplomacy. So, don't get grandiose or even think about using the word "liar," and most certainly not "pathological." If her dishonesty is as egregious as you think it is, then I wouldn't be surprised if other people are onto her.

How to Be a Sister, Not a Nag

My sister has had three children by two guys with whom she is no longer involved. The last couple times we hung out, I saw some things with her mothering that I do not agree with. She is losing the control and respect of her kids. But every time I start to say something, she is very harsh and disrespectful to me. She says I need to mind my own business because I don't have kids. It's true that I do not have kids, but that is also because I did not get pregnant by two loser guys. I am worried for her and these kids (the oldest is only 6), but she will not listen to me.

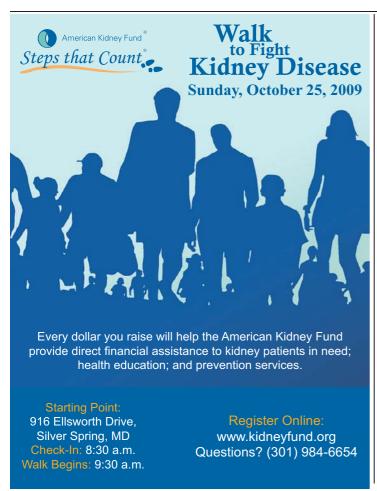
_ CDDD

Have you tried actually shouting at her?

Your concern is understandable, and your sister's children are lucky to have an aunt who cares about their well-being. But it's clear that the approach that you are taking is not getting through to your sister, and I'm guessing it's because you're putting her on the defensive. Might she be picking up on your condescending tone?

Berating the children's fathers (even if just in your head) does no one any good. Your stance should be one of support rather than conflict. Try spending time with her without comment for a while. Continuing to develop a relationship with her children will be invaluable to all of you and can allow you to try to make up for what they might be lacking. You can also model what you consider proper behavior. If you see abuse, of course, intervene. But beyond that, please try as hard as you can to quiet your judgment. You'll do the most good by lovingly helping her pick herself up, not by insulting her when she's down.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.







Goods | fit

SIZE IT UP

Eyeballing a cup of cereal? You're bound to dump in too many flakes unless you're using a Measure Up Bowl (\$8.99-\$12.99, Shopmeasureupbowl. com), which comes with subtle markings on the sides letting you know when you've hit your limit. And in a pinch, you can use them for baking.

ALL IN THE WASH

You already give your exercise gear enough of a workout, so save it from the wear and tear of machine washing. But to make sure you don't stink, by remembering to Soak (\$16, Soakwash.com) with a rinse-free, eco-friendly formula that lets you clean and scent fabrics gently. Your lucky tank will thank you.

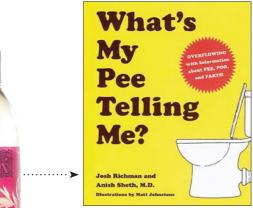
FLUSH WITH INFO

You don't need to aim into a cup to study your urine, explain the sage authors of "What's My Pee Telling Me?" (\$9.95, Chronicle Books). Instead, just check the color and take a whiff, and you can learn about hydration and vitamin levels or more serious problems. Also: stuff about poo and farts.

BERRY BEST

To heck with making jam and canning. Fruitzio (\$29.93 for I2-pack, Amazon. com) opts instead for freeze-drying. And, golly, are those preserved strawberries with a hint of cane sugar good. Plus, each bag is just 100 calories.







GUINEAPIG



Enroll in Reformer School From Home

An actual Pilates Reformer costs more than \$1,000 and takes up more space than a twin-size bed. So, even though the machine can help you do amazing things to your body, most folks won't want one at home. The CorePlus Reformer (\$29.98, Gaiam.com), however, promises its web of resistance bands and handles can do the same things and then be tucked away when you're finished.

While the size is certainly handy, and the equipment - along with the 45-minute DVD led by Pilates goddess Mari Winsor - provides a solid workout, it's no Reformer. But as a web of resistance bands, it's a smart addition to a workout arsenal. Just be careful vour feet don't slip out, or prepare to be smacked. VICKY HALLETT (EXPRESS)

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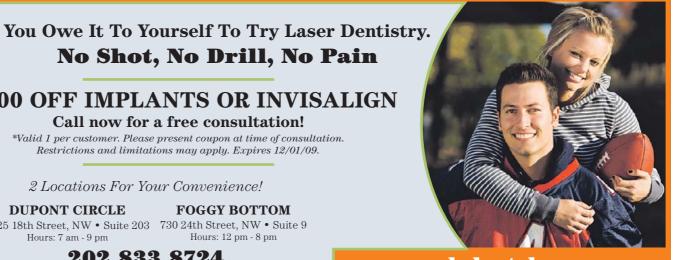
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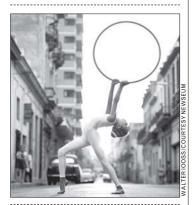


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MAINEVENT



A Stunning View of The Sporting Life

■ Looking for inspiration to get to the gym? Just take a look at "Athlete: The Sports Illustrated Photography of Walter looss," which opened at the Newseum last week. The exhibit follows looss' nearly 50-year career capturing iconic images of the world's greatest physical specimens, including virtually every sports superstar from Johnny Unitas to Pele to Serena Williams.

"There are a lot of shirtless people here—including me," says looss as he stands among 40 of his greatest works. The self-portrait of him with his wife and two sons on the beach proves that he picked up something about staying in shape from his famous subjects.

"You go to games and you learn things. I don't think people understand how good they are," says the surfer, golfer and cyclist. "They have that cutthroat desire never to lose." (Although he did once manage to score a point against Patrick Ewing.)

Sharing wall space with Michael Phelps, Michelle Kwan and Wilt Chamberlain are several photos of Cuban children (like the one above), which looss considers just as important to his body of work.

"Every kid starts the same way I did, the same way those kids in Cuba did. At age 10, we're all living in a fantasy world of sports. You come to hit a ball and nothing else exists," he explains.

And a photo can make that moment last forever, VICKY HALLETT (EXPRESS)



A Walk to Remember

See gorgeous fall foliage, but not other people, on these three hikes

Every outdoorsy Washingtonian craves a perfect fall hike with (a) no crowds, (b) foliage, (c) burbling streams and (d) miles of trails to burn off urban carbs. Also, the hike should be within an hour or two of Washington. Carbon footprint, people! Let's say an intrepid reporter tracked down hikes meeting these criteria. The result: crowds! So, if anybody asks, tell 'em these trails are really lame.

TRADER JOE'S TRAIL MIX

That's not really the name for three lovely paths off Maryland's Route 29. Collectively, they're the 10.2- mile Rachel Carson Greenway Trail. But Trader Joe's is a landmark. Head north from downtown Silver Spring. After passing the Beltway, the road crosses a wee stream. Just before TJ's, 29 is flanked by two stately brick buildings. Each has a parking lot leading to trails along the Northwest Branch of the Anacostia River. "The foliage is amazing, and there are not a lot of people," says Halle Enyedy, REI outdoor school supervisor for the mid-Atlantic region, who sighs, "Many of my friends will be upset that I'm revealing this."

The lot on the right (the Trader Joe's side) is the entry spot for a southward trail to Prince George's County. You'll enter a magical world of boulders and slabs, beautifully clustered around babbling H20 and shaded by graceful trees. Note: You will clamber. But it's not too hard. On a recent Saturday, a mother with baby in backpack had no problems.

From the parking lot on the left, two northward options await. One: Pass a dam — from the days of a water filtration plant — and follow a skinny trail into a sun-dappled

forest. There will be ups, downs and the occasional loose rock. Just five minutes in, the traffic whoosh vanishes, replaced by bird calls. Two: Walk toward the beltway along sidewalkless 29. Within a few hundred feet, a marker will point toward a trail. Cross a stream via rocks, climb a hillock and you'll find a wide, nicely groomed path, suitable for hiking, running and even strollers. These two parallel trails travel about five miles to Wheaton Regional Park.

GORGEOUS GEORGE

Not too far from busy Shenandoah National Park is less-busy George Washington National Forest, around 100 miles from the D.C. area and reachable via I-66. "It has the same mountain and valley landscape but only a fraction of the crowds, as well as no admission fee," says Theresa Blackinton, author of "Take a Hike Washington, D.C." A favorite hike in the 1.5-million-acre expanse is

You can skip Shenandoah and still manage to spy the colorful leaves in the Appalachians.

Big Schloss, starting at Wolf Gap Recreation Area campground, near Edinburg, Va., and heading to an outcrop. It's 2.2 miles out, with a gain of about 1,000 feet. The payoff is a 10-mile panoramic view. Says Blackinton: "It's just ridge after ridge of the Appalachians, all completely ablaze in the fall." If you need to ask directions, just keep in mind it's hard not to spit when you say "Big Schloss."

THE PARK KEN BURNS MISSED

Prince William Forest Park sounds like the name of a regional tract, but it's an honest-to-goodness national park of 15,000 treed acres, established in 1936. Thirtyseven miles of trails live up to the park moniker. They're very foresty and ferny. From Parking Lot D, the Pyrite Mine Road leads to the evenly graded 4.2-mile North Valley Trail. You'll pass a few remmants of the 1889 mine, which closed in 1920. But hurray for reclamation: "The Quantico Creek no longer runs orange or smells of sulfur [a pyrite by-product]," a sign declares.

A couple miles along you'll see (and hear) micro-waterfalls. You won't see many hikers. "We're a well-kept secret," says ranger Laura Cohen. On a gorgeous fall Sunday, the trail population was several dog walkers and a family of four. The Italian mom carried a basket of freshly harvested mushrooms. "I feel sorry for Americans," she said. "They are afraid to dig for mushrooms!" (FYI: The park lets you take a quart a day.) The only downside: On I-95, the shortest route from D.C., traffic can be a bear, even on a Sunday. The alternative is to head to the forest on Route 1 or get there before noon. MARC SILVER

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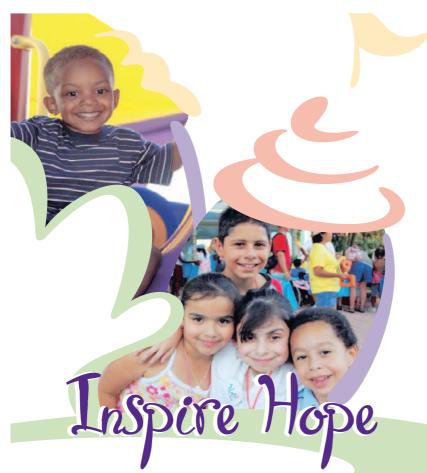
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Meals On Wheels Association of America

Mothers Against Drunk Driving

NAACP Legal Defense and Educational Fund

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National Association of the Deaf

National Law Enforcement Officers Memorial Fund

National Trust for Historic Preservation in the United States

Native American Rights Fund

Orphan Foundation of America

PetSmart Charities

Point Foundation, The National Gay and Lesbian Scholarship Fund

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Children First - America's Charities

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Cancer Research for Children (National Childhood Cancer Foundation)

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10360 100 Black Men of America www.100blackmen.org

(800) 598-3411 Our organization seeks to serve as a beacon of leadership by utilizing our diverse talents to create mentoring environments where our children are motivated to achieve, and to empower or people to become self-sufficient shareholders in the economic and social fabric of the communities we serve. 58-1974429

10361 American Campaign for Prevention of Child Abuse and Family Violence www.familyviolence.org

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11889 American Center for Law and Justice www.aclj.org (800) 296-4529 Specializing in constitutional law, the ACLJ is dedicated to the concept that freedom and democracy are God-given inalienable rights that must be protected. The organization defends religious liberties, human life and the family in cases all across the country. Legal services are provided at no charge. 54-1586817

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10363 Amnesty International USA www.amnestyusa.org

(800) AMNESTY Worldwide grass-roots human rights organization -- impartial and non-political -- whose purpose is to protect people wherever justice, freedom, truth and dignity are denied. We and our 2.2 million supporters investigate and expose abuses, educate and mobilize the public, and help transform societies to create a safer, more just world. 52-0851555

11891 Asian American Legal Defense and Education Fund www.aaldef.org (800) 966-5946

(AALDEF) is a New York-based national organization that protects and promotes the civil rights of Asian Americans. By combining litigation, advocacy, community education and organizing, AALDEF works with communities across the country to secure human rights for all. 13-2855641

10357 Canine Partners For Life www.k94life.org (610) 869-4902

Train and place service dogs for persons with physical disabilities, mobility impairments, and seizure alert needs. Ages 12 and older. Enables recipients to return to work or stay in the workforce, and children can have a more integrated school experience. Also provide home companion dogs for young children and elderly. 23-2580658

11628 Catholics United for Life www.clji.org (800) 764-8444

Pro-life Catholic organization dedicated to defending human life from the moment of conception until natural death. Activities include sidewalk counseling, educational programs and a legal project that defends constitutional rights. A prison project provides resources to prison chaplains, and an evangelism outreach program proclaims the Gospel to government officials. 51-0195634

11102 Christian Appalachian Project www.christianapp.org (866) 270-4227 An interdenominational, non-profit Christian organiza-





tion committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services. Offers people opportunities to improve their own situations. Operates over 30 crisis intervention, educational, and community development programs; distributes in-kind donations. 61-0661137

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11629 Diabetes Research and Wellness Foundation www.diabeteswellness.net (877) 633-3976 Funds clinical investigations into the causes, prevention, treatment and cure of diabetes and associated complications. Conducts diabetes screening which targets highrisk populations and ethnic groups. Provides diabetes education and materials to patients and health professionals to save lives from blindness, kidney disease, amputations. Publishes a monthly national newsletter, *The Diabetes Wellness News*, 52-1840230

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11892 Eagle Forum Education and Legal Defense Fund www.eagleforum.org

(618) 462-5415 Pro-family leadership by Phyllis Schlafly. Defends traditional families, parental rights in schools, reading by phonics, tax fairness, strong national defense. Provides articulate alternatives to liberalism and the radical feminism that pretends women and men are the same but demands preferential treatment. Trains for grassroots leadership in public policy making. 37-1097202





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10986 Feed The Children www.feedthechildren.org (800) 627-4556 Founded in 1979, Feed The Children is one of the largest international charities delivering food and other necessities to children and families in all 50 states and around the world. In FY 2007, FTC distributed more than 135 million pounds of food and essentials, supplementing almost 800,000 meals each day. 73-6108657

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11630 The Fund for Animals www.fundforanimals.org (888) 405-FUND The Fund for Animals, founded in 1967 by Cleveland Amory, is a leading provider of direct care for animals and operates animal sanctuaries, including Black Beauty Ranch and sanctuaries in Southern California, Oregon and Cape Cod. We speak for those who can't -- on the web at fundforanimals.org. 13-6218740

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12178 Goodwill Industries

11893 Human Rights Campaign Foundation www.hrc.org (800) 777-4723 Conducts public policy research and public education on the social, economic and health issues affecting gay, lesbian, bisexual and transgender Americans, and to further its vision of an America where all Americans are ensured of their basic equal rights. 52-1481896

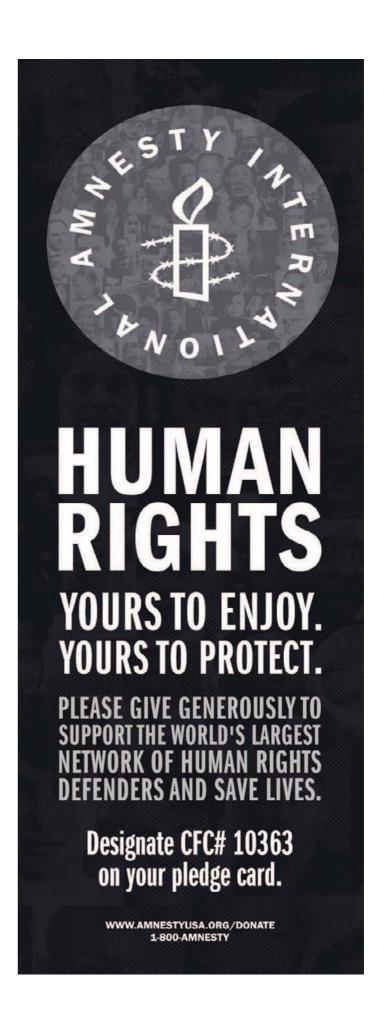
11894 The Humane Society of the United States

www.humanesociety.org (202) 452-1100 The Humane Society of the United States is the nation's largest animal protection organization. Established in 1954, The HSUS seeks a humane and sustainable world for all animals. We are America's mainstream force against cruelty, exploitation, and neglect, and the nation's most trusted voice extolling the human-animal bond. 53-0225390

11895 LatinoJustice PRLDEF www.latinojustice.org (800) 328-2322 PRLDEF, a pan-Latino organization, promotes Latino Justice. We are one of the foremost Latino civil rights organizations in the country. Through impact litigation, we fight discrimination and assure Latinos' constitutional rights. Though our educational programs, we help Latinos who dream of entering the legal profession to do so. 13-2722664

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10354 Mothers Against Drunk Driving www.madd.org

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11104 NAACP Legal Defense and Educational Fund www.naacpldf.org

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ships to promising African American undergraduates and law students. **13-1655255**

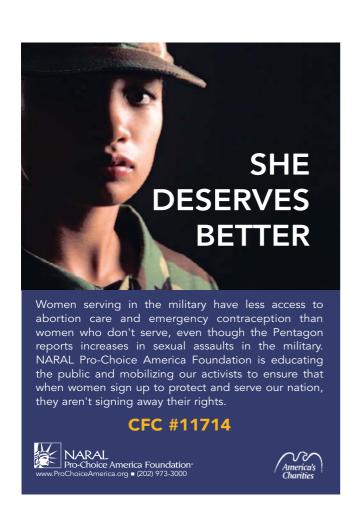
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Through its 2,200 units nationwide, programs are focused on the protection and advancement of civil rights by eliminating clear disparities between communities within areas of youth services, criminal justice, education, employment, emergency relief, health advocacy, housing, legal assistance. 13-1998814

10356 National Association of the Deaf www.nad.org

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53-0210807

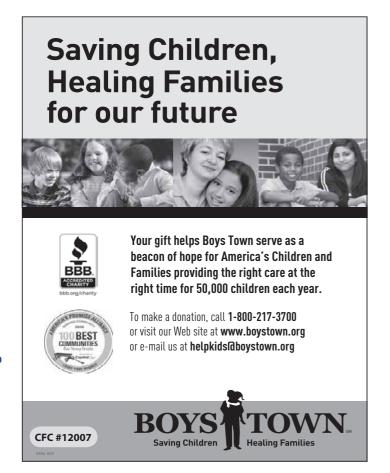
10350 Native American Rights Fund www.narf.org (800) 447-0784 NARF's practice is concentrated in five key areas: the preservation of tribal existence; the protection of tribal

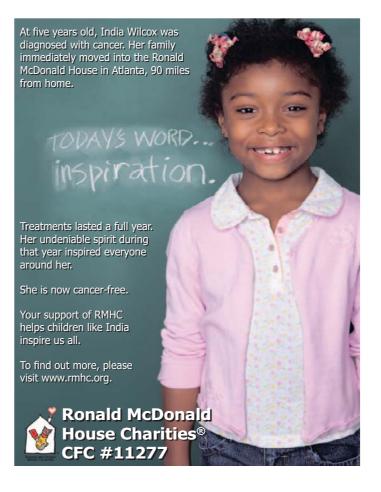
revitalize communities for the future.

natural resources; the promotion of Native American human rights; the accountability of governments to Native Americans; and the development of Indian law and educating the public about Indian rights, laws and issues. 84-0611876

11105 Orphan Foundation of America www.orphan.org (800) 950-4673 At age 18 most orphans are completely on their own, they "age out" of Foster Care. OFA provides moral and financial support to parentless teens who pursue college or vocational training. OFA's programs are volunteer run; mentoring, leadership training and scholarships help youth without families become successful and independent adults. 52-1238437

10351 PetSmart Charities
www.PetSmartCharities.org
(800) 423-PETS PetSmart Charities
is a 501(c)(3) non-profit organization
and the leading funder of animal welfare programs in North America. Since
being established in 1994, PetSmart
Charities has donated more than \$70
million to spay/neuter, adoption, di-





saster relief and educational programs and, through its in-store adoption program, helped save 3.4 million pets. **93-1140967**

11634 Point Foundation,
The National Gay and Lesbian
Scholarship Fund
www.pointfoundation.org
(866) 337-6468 Point Foundation
is the nation's largest scholarshipgranting organization for lesbian, gay,
bisexual and transgender (LGBT) students of merit. Point provides financial
support, leadership training, mentoring
and hope to LGBT individuals who are
marginalized because of their sexual
orientation, gender identity or gender
expression. 84-1582086

11632 Population Connection/ZPG www.populationconnection.org (800) 767-1956 Overpopulation threatens the quality of life for people everywhere. We're a national grassroots population organization that educates young people and advocates progressive action to stabilize world population at a level that can be sustained by Earth's resources.

94-1703155

10352 Southern Poverty Law
Center www.splcenter.org
(888) 414-7752 Is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the Center works toward the day when the ideals of equal justice and equal opportunity will be a reality.
63-0598743

11106 Veterans for America www.veteransforamerica.org (202) 483-9222 Uniting a new generation of veterans with those from past wars to address the causes, conduct and consequences of war in the 21st century. Also operates rehabilitation clinics in Vietnam and Cambodia and conducts landmine impact surveys. Co-recipient of 1997 Nobel Peace Prize for International Campaign to Ban Landmines. 13-3030278



10287 Children First - America's Charities www.charities.org (800) 458-9505 Children First delivers services addressing the needs of children and their families in communities across the nation and around the world through member agency programs. 30-0186795

10700 ACTION for Child Protection

www.actionchildprotection.org (800) 633-1285 Everyone hurts when a child is hurt. Even parents who maltreat and abuse their kids hurt. No one wants a child to get hurt again. ACTION for Child Protection helps keep children safe by providing their expertise to Child Welfare agencies in protecting children and preserving families. 56-1426213

10701 Cancer Research for Children - CureSearch (National Childhood Cancer Foundation) www.curesearch.org

(800) 458-6223 For over 50 years, the collaborative research conducted by our network of over 5,000 doctors, nurses and scientists has driven consistent improvements in cure rates for children with cancer. Cancer remains the #1 disease killer of children. Help us reach the day when every child with cancer can be cured. 95-4132414

11089 Child Aid: Children's Literacy and Hearing Projects www.child-aid.org

(503) 223-3008 Child Aid helps the children of the largely indigenous, rural poor by partnering with grassroots organizations in LatinAmerica. These organizations have the passion and drive but lack the financial and technical resources and experience in organization building that Child Aid provides. We believe people not projects create lasting change.

33-0317937

36067 The Children's Health Fund www.childrenshealthfund.org (800) 535-7448 The Children's Health Fund (CHF) provides health care to homeless and poor children regardless of their ability to pay, responds to

public health crises, and advocates on behalf of all children for appropriate health care. Our unique mobile medical units and fixed-site clinics offers comprehensive care to thousands of at-risk children each year. 13-3468427

10702 Children's HeartLink www.childrensheartlink.org

(888) 928-6678 Children's HeartLink, is an international medical nonprofit organization dedicated to the treatment and prevention of heart disease in needy children. Partnering with medical centers in developing countries, Children's HeartLink provides hands-on care to children and specialized medical training to cardiac professionals so that more children gain access to quality cardiac services.

65105 Children's Hospital www.childrensnational.org (800) 787-0021 Serving the nation's children for more than 135 years, Children's is a proven leader in the development of innovative treatments for childhood illness and injury. With the support of the community, we provide

public health crises, and advocates on behalf of all children for appropriate ing those who can't afford to pay for health care. Our unique mobile mediting the same and the s

11573 Children's Rights
www.childrensrights.org
(212) 683-2210 A national watchdog
organization advocating on behalf of
abused and neglected children in the
U.S. Since 1995, the organization has
used legal action and policy initiatives
to create lasting improvements in child

protection, foster care and adoption.

13-3801864

12153 Coptic Orphans Support Association

www copticorphans.org (800) 499-2989 An award-winning international Christian development organization that unlocks the Godgiven potential of disadvantaged children in Egypt, and so equips them to break the cycle of poverty and become change-makers in their communities. Since 1988, Coptic Orphans has equipped over 14,000 children throughout Egypt. 54-1637257









Grounded in the belief that health care is a basic human right.

Striving to ensure every individual's access to quality health services, in particular the poor and underserved. Strategically structured in five programmatic areas: Abortion, Access, Adolescents, Advocacy and AIDS/HIV/STIs.

Please support International Planned Parenthood Federation, Western Hemisphere Region CFC # 12006.

Learn more at www.ippfwhr.org







Point Foundation is the largest publically supported organization providing financial support, mentoring, leadership training and hope to students of merit who are marginalized due to sexual orientation, gender identity or gender expression.

866.33.POINT 866.337.6468 www.pointfoundation.org

America's Charity ID #11634 Tax ID#84-1582086



12007 Father Flanagan's Boys' Home www.boystown.org (800) 448-3000 Provides food, clothing, shelter, education, spiritual and medical care for homeless, neglected, abused, and communicatively handicapped boys and girls. Approximately 87 percent of the Home's support and revenue go toward the direct care of children and families in need.

47-0376606

10987 Fellowship of Christian Athletes www.fca.org (800) 289-0909 Empowering and equipping coaches and athletes with encouragement, resources and training to influence and impact the world for Jesus Christ for more than 54 years. Developing positive peer groups while promoting a drug-free lifestyle, and benefitting young people through leadership and sport camp experiences and yearlong student led school activity. 44-0610626

11874 Give Kids The World www.gktw.org (800) 995-5437 Give Kids The World is a non-profit organization that exists only to fulfill the wishes of all children with lifethreatening illnesses to experience a memorable, cost free visit to Central Florida's attractions and enjoy the magic of Give Kids The World Village for as long as there is a need. 59-3327385

28447 Global Fund for Children www.globalfundforchildren.org (202) 331-9003 True change comes from the community level. We support grassroots organizations worldwide serving the most vulnerable children, including orphans, street children, children in refugee communities and those affected by natural disaster. In addition, we publish children's books and invest in films and photography that promote tolerance and children's rights. 56-1834887

10704 The Hole In The Wall Gang Fund www.holeinthewallgang.org (203) 772-0522 Founded by Paul Newman in 1988, is a residential summer camp and year-round center serving children coping with cancer and other life-threatening illnesses. We serve more than 15,000 children annually. Our Outreach program sup-



ports seriously ill children in hospitals. All programs are offered free of charge. 06-1157655

11312 "I Have A Dream" Foundation®

www.ihaveadreamfoundation.org (212) 293-5480 We empower children in low-income communities to achieve higher education by providing guaranteed tuition assistance and a long-term program of academic and social support. Local "I Have A Dream" chapters sponsor entire grade levels of students, working with these "Dreamers" from an early age all the way to college. 13-3355315

12008 Junior Achievement www.ja.org (719) 540-8000

Junior Achievement programs help prepare young people for the real world by showing them how to generate wealth and effectively manage it, how to create jobs, and how to apply entrepreneurial thinking to the workplace. Students put these lessons into action, and help strengthen their communities. 84-1267604

11375 Make-A-Wish Foundation® of America www.wish.org (800) 722-9474 The mission of the Make-A-Wish Foundation® is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. With the help of generous donors and nearly 25,000 volunteers, the Make-A-Wish Foundation® has granted more than 167,000 wishes in the U.S. since inception. 86-0481941

11574 National Black Child **Development Institute** www.nbcdi.org (800) 556-2234 We work to improve and protect the quality of life of Black children and families. We advocate for the recognition and respect of their voices at the table of social policy and promote culturally empowering practices

through a national affiliate network that provides public awareness and training. 52-0908178

11575 Prevent Child Abuse **America**

www.preventchildabuse.org (800) CHILDREN Our Mission: To prevent the abuse and neglect of our nation's children. Our Core Values: Valuing Children, Strengthening Families, Engaging Communities. Since 1972, America's oldest organization working at the national, state and local levels to prevent child maltreatment. Our prevention efforts promote experiences for children that are safe, healthy, nurturing. 23-7235671

10948 Reading Is Fundamental, Inc. (RIF) www.rif.org (888) 725-4801 RIF works for literacv where it begins-with children and their families. Founded in 1966. RIF helps ensure that children become strong, enthusiastic readers by giving them access to books they choose and keep, engaging them in creative activities that promote reading, and involving parents and community volunteers. 52-0976257

11277 Ronald McDonald House Charities® www.rmhc.org (630) 623-7048 Creates, finds and supports programs that directly improve the health and well-being of children worldwide through its global network of local Chapters and 281 Ronald McDonald House® programs worldwide. Its goal is to make an immediate, positive impact on as many children as possible worldwide.

11158 Share Our Strength www.strength.org (800) 969-4767 Share Our Strength® is a national organization working to make sure no kid in America grows up hungry. We weave together a net of community groups, activists and food programs to catch children at risk of hunger and ensure they have nutritious food where they live, learn and play.

36-2934689

52-1367538

10949 STANDUP FOR KIDS www.standupforkids.org (800) 365-4KID Empowers at-risk and homeless youth toward lifelong personal growth through both onthe-street outreach and in-school deterrent programs. STANDUP FOR KIDS creates sincere self-caring and self-confidence in youth through open, straightforward counseling and educational programs thereby helping them acquire the life skills necessary to become effective members of their communities. 33-0414855

11305 Starlight Children's Foundation www.starlight.org (800) 315-2580 Helping seriously ill children and their families cope with their pain, fear and isolation through entertainment, education and family activities. Our array of in-hospital, outpatient and Web-based programs touch more than 200,000 U.S. children and families each month.

95-3802159

10950 Teach For America www.teachforamerica.org (800) 832-1230 We are the national corps of recent college graduates of all academic majors who commit at least two years to teach in public schools and become lifelong leaders in expanding educational opportunity. 13-3541913

11299 Tiger Woods Foundation, Inc. www.tigerwoodsfoundation.org (888) TWF-KIDZ Helping all children build values, characteristics and attitudes to reach their goals, TWF initiates and supports programs that enhance their learning, growth and

development. 06-1468499

83992 UnitedHealthcare Children's Foundation www.uhccf.org (952) 992-4459 The UHCCF facilitates access to health related services that improve the clinical condition and quality of life of children. Specifically, UHCCF provides medical grants to children, up to \$5,000, to help families pay for medical services not covered or not completely covered by their commercial health benefit plan. 52-2177891

Helping You Help Others. **Proposition of the state of t



10963 Health First - America's Charities www.charities.org (800) 458-9505 Supporting those facing life-threatening illness, giving comfort and aid, conducting muchneeded research, member organizations' programs provide services that may be found nowhere else.

30-0186796

10577 AIDS & Infectious Disease Science Center, Inc.

www.infection-research.org (800) 877-9541 Deadly new bacteria and viruses are discovered daily. By supporting scientists and their medical research, we can all work towards winning this life or death race. A few dollars buys safety goggles, latex gloves, and reagents for experiments. Each dollar provided for today's research brings us closer to tomorrow's cures. 33-0950809



12117 Alzheimer's and Aging Research Center www.aging-research.org (800) 877-0019 Stop the suffering caused by Alzheimer's and other aging-related medical conditions! Your support makes exciting new research possible. Just \$25 per month buys crucial lab supplies, or sends a scientist to an important international meeting in order to share research results and to establish productive partnerships with other medical experts. 33-0950810

11371 American Foundation for the Blind www.afb.org (800) AFB-LINE AFB works to meet the needs of today's growing blind and visually impaired population by advocating on

their behalf, providing leadership and training to organizations and professionals who serve them, developing and promoting universally accessible technology, and providing specialized information to individuals with vision loss, their families, and caregivers. 13-5562161

11296 The Arc of the United States www.thearc.org (800) 433-5255

The Arc is dedicated to advancing supports and services for people with intellectual and developmental disabilities. The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. The Arc inspires communities to ensure people with intellectual disabilities have full participation in the community. 13-5642032

10892 Arthritis & Chronic Pain Research Institute

www.pain-research.org (800) 877-4166 Chronic pain caused by arthritis, cancer, and other conditions cripples 86 million Americans. Your support helps scientists working on understanding and treating chronic pain. We've pushed one possible treatment into clinical trials, but we won't stop there! Please help us continue searching for pain relief – for the benefit of all. 33-0950814

11148 Black Women's Health Imperative

www.BlackWomensHealth.org (202) 548-4000 An advocacy, education, and leadership development non-profit organization devoted to helping the nation's 19.5 million Black women and girls lead healthier lives. It promotes the empowerment of Black women as educated health care consumers and caregivers, as well as strong voices for the elimination of racial, gender and health disparities. 58-1557556

12193 Breast Cancer Coalition www.stopbreastcancer.org (800) 622-2838 The National Breast Cancer Coalition Fund works to increase federal funding for breast cancer research. We led the effort to create access to breast and cervical cancer care for underserved and uninsured women, and train advocates to play an active role wherever

breast cancer decisions are made. **52-1782065**

11074 Cancer Research and Prevention Foundation (Prevent Cancer Foundation)

www.preventcancer.org

(800) 227-2732 Since 1985, your donations have supported carrying out our mission of funding cancer prevention research; educating people about how they can prevent cancer; and supporting cancer prevention programs in communities across the nation. 52-1429544

11716 Christopher and Dana Reeve Foundation

www.ChristopherReeve.org (800) 225-0292 The Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy. 22-2939536

11149 Diabetes Research Institute Foundation, Inc.

www.diabetesresearch.org (800) 321-3437 Is a recognized world leader in cure-focused research and a pioneer in developing methods to restore insulin production in those living with this devastating disease. For the millions of families already affected by diabetes, the Diabetes Research Institute is the best hope for a cure. 59-1361955

11990 Dystrophic Epidermolysis Bullosa Research Association of America www.debra.org

(866) 332-7276 Direct services and research support for Epidermolysis Bullosa, a devastating and sometimes fatal skin disease characterized by fragile skin that forms severe blisters from the slightest friction, and causes wounds and extreme pain. Present at birth, EB causes a lifetime struggle against injury, infection and social isolation. 11-2519726

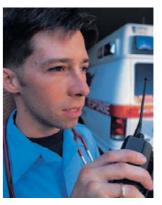
10362 Hospice America (American Hospice Foundation) www.americanhospice.org

(202) 223-0204 The voice of dying and grieving individuals. Its mission is to increase access to quality hospice care so that more people can die at home, with dignity and free of pain.

The Foundation provides successful programs to help grieving family members, especially in the workplace and in schools. **52-1823611**

12006 International Planned Parenthood Federation, Western Hemisphere Region

www.ippfwhr.org (866) 477-3947 Improve the quality of life of individuals by campaigning for sexual and reproductive health and rights through advocacy and services, especially for poor and vulnerable people. Defend the right of all young people to have sexual lives free from ill-health, unwanted pregnancy, violence, and discrimination. Strive to eliminate sexually transmitted infections and to eradicate HIV/AIDS.13-1845455



11991 Lance Armstrong
Foundation www.livestrong.org
(877) 236-8820 Founded in 1997
by cancer survivor and champion
cyclist Lance Armstrong, the Lance
Armstrong Foundation (LAF) unites
people through programs and experiences. The LAF empowers cancer
survivors to live life on their own
terms and raises awareness and
funds for the fight against cancer.
Unite and fight cancer at LIVESTRONG.org. 74-2806618

10579 The Marrow Foundation www.marrow.org (800) 627-7692

Everyday more than 6,000 people search the National Marrow Donor Program in hopes of finding a match for their life-saving marrow transplant. Our mission is to save lives through transplantation. We do this by supporting the building the national registry, providing patient assistance and advancing medical discovery.

41-1704734

11150 Multiple Sclerosis

(800) 833-4672 Exists to enrich the quality of life of individuals with MS by easing the day-to-day challenges they and their care partners face. Modifies people's homes to make them more accessible. It offers free services such as equipment distribution, social and support activities, a toll-free helpline, and MRI's for the uninsured. 22-1912812

11714 NARAL Pro-Choice **America Foundation** www.ProChoiceAmerica.org (202) 973-3000 Educates and mobilizes informed and vocal pro-choice activists nationwide. In partnership with 24 affiliates, defends a woman's right to choose, advances policies to make abortion less necessary, and ensures that men and women have the means to make informed and responsible reproductive decisions. free from government interference. 52-1100361

11151 National Down Syndrome Society www.ndss.org

(800) 221-4602 Committed to being the national leader in supporting and enhancing the quality of life, and realizing the potential of all people with Down syndrome. We demonstrate this commitment through our education, research and advocacy initiatives that benefit people with Down syndrome and their families. 13-2992567

11152 National Marfan Foundation www.marfan.org (800) 862-7326 Marfan syndrome, a genetic disorder of the body's connective tissue, is a chronic and progressive disorder which if undiagnosed, can cause sudden death. It affects men, women, and children of all races and ethnic groups. NMF provides comprehensive research, patient care, public and professional education and advocacy programs for families affected by this disorder. 52-1265361

11992 National Organization for Rare Disorders (NORD) www.rarediseases.org (800) 999-6673 NORD: A federation of voluntary health organizations and individuals dedicated to helping

people with rare 'orphan' diseases. NORD is committed to the identification, treatment, and cure of rare disorders through education, advocacy, services, and research. NORD is an information clearinghouse for rare disease information and referrals to appropriate resources.

www.rarediseases.org 13-3223946

10214 National Psoriasis Foundation www.psoriasis.org (800) 723-9166 We are the world's largest nonprofit organization dedicated to combating psoriasis and psoriatic arthritis. More than 7.5 million Americans live with psoriatic diseases. We fight discrimination against people with psoriatic diseases, support cutting-edge research and provide training and education for healthcare professionals, families, youth and the public. **93-0571472**

11154 Ovarian Cancer Research Fund www.ocrf.org (800) 873-9569 Leading the fight against ovarian cancer, our organization's mission is to fund the best researchers in the country - helping them discover methods of early detection, better treatments and ultimately a cure. Our organization also seeks to support patients and their families, provide education programs, and raise awareness of the

11715 Tuberous Sclerosis Alliance www.tsalliance.org (800) 225-6872 Founded in 1974, the TS Alliance is the only national voluntary health agency dedicated to finding a cure for TSC while improving the lives of those affected. TSC is a genetic disorder characterized by seizures and tumor growth in vital organs such as the brain, heart, kidneys, lungs and skin. 95-3018799

disease. 13-3806788

88763 United Cerebral Palsy www.ucp.org (800) 872-5827

UCP affiliates serve more than 170,000 children and adults with disabilities and their families every day. Our affiliates provide services such as housing, therapy, early intervention programs, employment assistance. 20-3568840

Community 1st Greater Washington, DC



57456 Community1st - America's **Charities of Greater Washington,** D.C. www.charities.org (800) 458-9505 Feeding the hungry, sheltering the homeless, protecting women and children, providing critical medical services, supporting families in need...support Greater Washington, D.C.'s most respected charities. 01-0914846

21120 A Wider Circle www.awidercircle.org

(301) 608-3504 The provision of beds, dressers, and other basic need items to families transitioning out of battered women's and homeless shelters or to people simply living without life's necessities. This is coupled with the delivery of health and wellness programming for children and adults in low-income schools, shelters, and community centers. 52-2345144

88425 Anacostia Watershed Society www.anacostiaws.org

(301) 699-6204 Since 1989, we have endeavored to restore and protect the heavily-polluted Anacostia River for the health and enjoyment of local communities and visitors to the Washington, D.C. metropolitan area. Our ultimate goal is to return the river to a swimmable and fishable condition in accordance with the Clean Water Act. 52-1666511

99970 Black Student Fund www.blackstudentfund.org (202) 387-1414 Serves as an

advocate for all black children and strives to assure that black students and their families have equal access to every educational opportunity by offering parents information on options in education for their children. providing multiracial training to teachers and networking educators into the independent school system. 52-6053597

39664 Capital Hospice www.capitalhospice.org

(703) 538-2065 Provides expert medical care and emotional, spiritual and practical support to more than 850 seriously ill patients and their families each day, regardless of their ability to pay, grief counseling to the community and education to the health care community. 54-1920770

24770 Catholic Charities of the Diocese of Arlington, Inc. www.ccda.net (703) 841-3830 Is a nonprofit, social service agency meeting the needs of families, individuals and communities. Every program and service is open to all regardless of religious affiliation or race. For over 60 years, have furnished assistance to the hungry, homeless, the very poor, the troubled, and those with special needs throughout the 21 counties and 7 incorporated cities of Northern Virginia. 54-0515706

43959 District of Columbia College **Success Foundation**

www.dccollegesuccessfoundation.org (202) 207-1800 We increase the number of low-income D.C. students who complete college by providing scholarships, academic services and mentoring to high school students in Anacostia. We also provide college awareness training to young men of color in D.C. middle schools and high schools. Finally, we seek system-wide reform through coalition building.

20-5561911



38270 Duke Ellington School of the Arts www.ellingtonschool.org (202) 333-2555 A unique public high school whose mission is to nurture and inspire passion for arts and learning in talented students who might not otherwise have the opportunity. Offers an intensive college preparatory curriculum and training in eight arts disciplines. 98% of seniors graduate and 95% are accepted into college. 31-1705384



42156 Fairfax Area Christian
Emergency and Transitional
Services, Inc.
www.facetscares.org
(703) 352-5090 A supportive haven
for impoverished individuals and
families, providing food, temporary
shelter throughout the winter, medical
assistance, permanent and transitional
housing, counseling, and educational
programs. FACETS' programs include
comprehensive programs that address
physical, spiritual and emotional

needs for people who are homeless or

precariously housed. 54-1516266

68151 Fairfax Court Appointed Special Advocates, Inc. www.casafairfax.org (703) 273-3526 Fairfax CASA identifies and supports volunteers (through recruitment, screening, training and supervision) who serve as advocates for children whose families have been cited for abuse and neglect in the Fairfax County Juvenile Court. These volunteers investigate and monitor each case. submit a written report to the court, and assist in the guardian ad litem's legal representation. Volunteers have oneon-one contact with the children, family members and other professionals to ensure that each child's needs are met. 54-1555197

33770 Higher Achievement Program www.higherachievement.org (202) 544-3633 Provides year-round rigorous academic enrichment programming to motivated middle school students from under-served

communities, resulting in placement to top college preparatory high schools. After 4 years in the program, scholars' GPAs jump from 2.3 to 3.8. 100% of 2008 graduates have moved onto college-prep high schools. 52-1383374

83599 House of Ruth

www.houseofruth.org
(202) 667-7001 Provides housing and intensive services in Washington, DC to help women, children and families overcome homelessness, domestic violence and abuse. Closely monitors outcomes and each woman's and child's progress. Helps more than 600 women and children at a time (and over 1,500 annually) to achieve greater safety and stability. 52-1054102

58126 Lorton Community Action Center (LCAC) www.lortonaction.org (703) 339-5161 LCAC, established in 1975, is a 501(c)(3) nonprofit organization dedicated to enhancing the quality of life for individuals and families through a variety of programs and services. LCAC's mission is more easily understood when broken down into two categories - assistance and outreach. LCAC provides food. financial, furniture and clothing assistance to individuals and families on a regular basis. Our food pantry serves approximately 325 families a week. 51-0181451

67041 Make-A-Wish Foundation® of the Mid-Atlantic, Inc. www.midatlantic.wish.org (301) 962-9474 A nonprofit organization that fulfills the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. The Foundation serves children who reside in Maryland, the District of Columbia, Northern Virginia and Delaware and has fulfilled the wishes of more than 6,000 children. 52-1306075

72369 Rebuilding Together Alexandria www.rebuildingtogetheralex.org (703) 836-1021 Partner with volunteers to repair and revitalize homes/ communities, ensuring low-income homeowners live in warmth, safety and independence. The result of our work in the City of Alexandria is to improve the quality of life and safety of homeowners in our community and to preserve home ownership and affordable housing. **54-1389286**

15005 Ronald McDonald House Charities® of Greater Washington D.C., Inc. www.rmhc.greaterdc.org (202) 529-8204 Provides housing and other support services for seriously ill children, and their families, in an atmosphere of encouragement and comfort. Services are provided to children and families treated in area hospitals. Some grants are made to other charitable organizations to assist with programs for children in the Washington, D. C. area. 52-1132262

79985 The Shepherd's Table, Inc. www.shepherdstable.org
(301) 585-6463 Shepherd's Table is Montgomery County's oldest resource center for people experiencing homelessness and poverty, providing a wide range of basic human services, including an evening meal seven nights a week. Additionally Shepherd's Table provides social services, clothing, crisis intervention, eye care, prescription assistance, and medical assistance through a partnership with Mobile Med. 52-1381738

56138 Signature Theatre, Inc. www.signature-theatre.org
(703) 820-9771 Under the leadership of Co-founder and Artistic Director Eric Schaeffer and Managing Director Maggie Boland, Signature produces contemporary musicals and plays, reinvents classic musicals, and develops new work. To date, Signature has presented over 25 world premiere productions and is renowned for combining Broadway-quality productions with intimate playing spaces. 62-1417785

40585 The Wellness Community -Greater Washington, DC www.wellnesscommunitydc.org (888) 793-well Provides free programs of emotional support, education and hope for people with cancer and their loved ones. **20-3792198**

99581 WETA (Greater Washington Educational Telecommunications Association) www.weta.org (703) 998-2600 A public television and radio broadcaster serving Washington with TV 26 and Classical 90.9 FM, Washington's only classical music station. The programs we produce for PBS create exceptional television, including The NewsHour with Jim Lehrer, Washington Week and Ken Burns' documentaries. 53-0242992

38871 Whitman-Walker Clinic www.wwc.org (202) 797-3520 Provides health care services to anyone in the community, regardless of sexual orientation, gender identity or HIV status.Our specialty is compassionate medical care and supportive services for the gay, lesbian, bisexual and transgender communities and those living with or affected by HIV/AIDS.

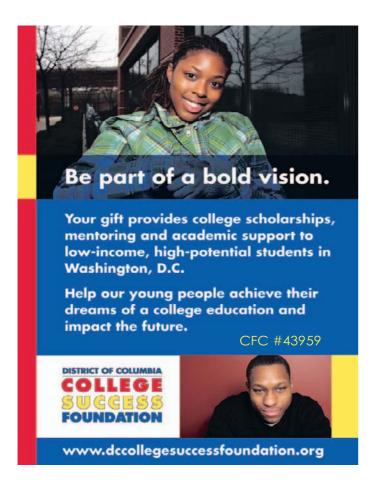
98682 Youth For Tomorrow New Life Center, Inc.
www.youthfortomorrow.org
(703) 368-7995 Founded by Hall of
Fame Redskins Coach Joe Gibbs in
1986, we are a residential youth home
and private school in Bristow, Virginia,
for at-risk boys and girls. We provide
a safe, healthy, and compassionate
environment for youth who have been
abandoned, abused, or otherwise
alienated from family and community.
52-1342268

Helping You Help Others.

www.charities.org









Each day A Wider Circle provides beds, cribs, dressers, and other essential items free-of-charge to children and adults in urgent need. It is low-cost, efficient work that the Examiner calls "the grassroots movement at its best." Please help us get more children off the floor this year.











right at your own desk!

y participating in your workplace giving campaign, you can support the Prevent Cancer Foundation (formerly the Cancer Research and Prevention Foundation) help people across the street and around the nation reduce their risk for cancer. The Foundation focuses its energies and resources on those cancers—including lung, breast, prostate, colorectal, cervical, skin, oral and testicular—that can be prevented through lifestyle changes or early detection.

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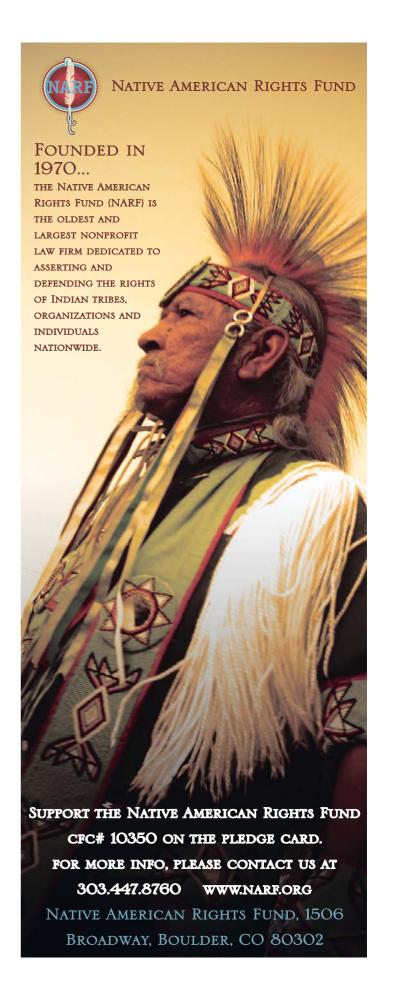
–Kristian S.

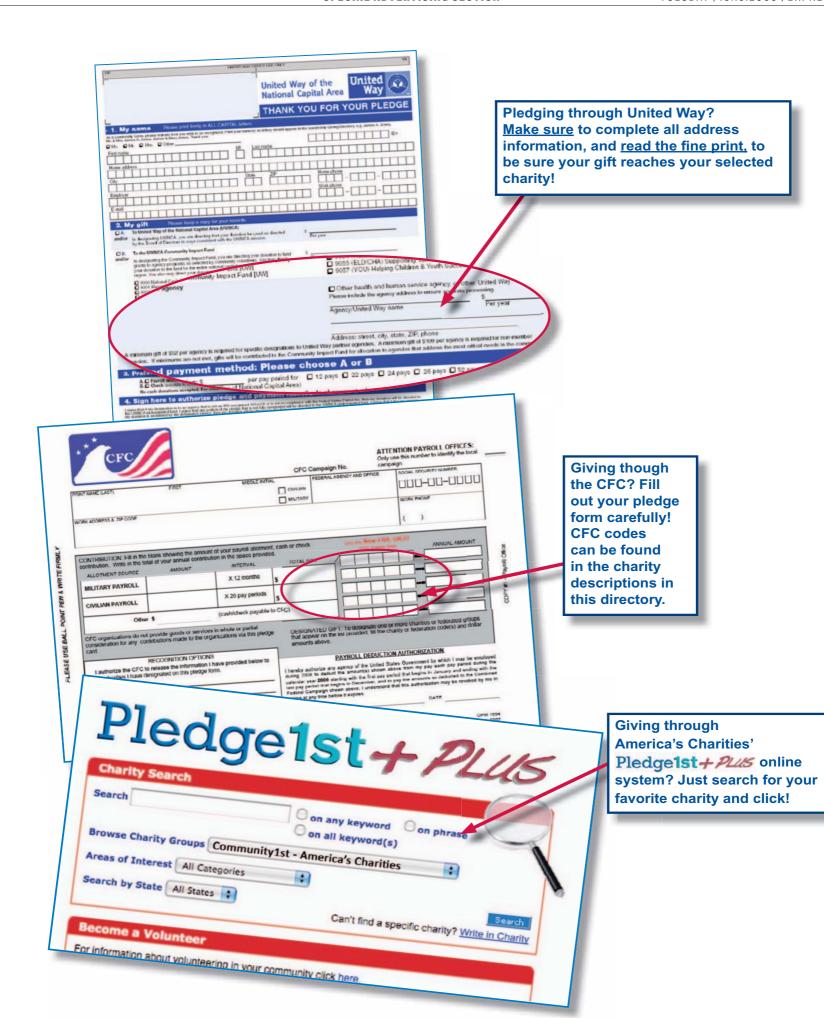
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Phys Ed | fit



Ocean rower Roz Savage uses her adventuring fame to promote environmental causes, such as awareness of climate change.

Very Long Way to Row

Roz Savage's life changed when she decided to be an adventurer

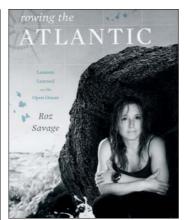
Roz Savage's last name seems especially fitting when you know her story: British woman bored of a career in management consulting abandons her cushy lifestyle in order to pursue true adventure. The chronicle of her first major feat, "Rowing the Atlantic" (\$24, Simon & Schuster), describes her transformation as she rowed more than 3,000 miles alone across the ocean for a harrowing 102-day journey.

She'll explain how she got the gumption to do such a thing — and

how she's currently conquering the Pacific in three legs — at National Geographic's headquarters Oct. 19 (\$18, 7:30 p.m., 1600 M St. NW; 202-857-7700, Events.national geographic.com). VICKY HALLETT (EXPRESS)

How did you come up with the idea to do the race?

I was undergoing an intense personal transformation, and I was thinking about several ideas, including opening an organic coffee shop. I had heard people talking about rowing oceans before. There was a couple who did it and the husband had to be plucked out when he developed abject terror when he lost sight of land. I felt like a set of shiny tools, but



Savage takes readers along for the row from the Canary Islands to Antigua.

I had no project. Then one day I was driving along and it popped in my head. It seemed perfect and impossible.

How do you set about tackling a challenge like that physically?

My strategy for the Atlantic was I ... wanted to know I could row

for hours and hours a day.

Each Sunday I would

row for 16 hours. It was
as much about the boredom threshold as getting
in shape. But the general
cardio and weight training

strategy didn't work well because early on I developed tendinitis. Now, I've taken a more laid-back approach of exercising. I find after a couple weeks in the boat, I'm ready. I'm not some uber-athlete. I'm perfectly happy sitting around all day and eating cookies.

It sounds like it was more challenging psychologically than physically.

I quite regularly give myself a bit of a talking-to. I think our internal dialogues shape our lives very much and the way you look at a situation. When I was preparing for the Atlantic, I met someone who said, "You must have a good relationship with the voices in your head." I knew that there were these little demons, and to take them on was such a character-building experience.

Do you think of yourself as an adventurer now?

Definitely. I felt like I was faking it for a while. I'd done the row as part of the race, and it was so hard. I just scraped by. With the first Pacific row, I was happier and in my element when I arrived in Hawaii.

Have any advice for aspiring adventurers?

My approach has always been to make lists. Start with what skills do I need, who should I talk to, what supplies will I need to get. You'll end up with a massive list of what to do, but if you break it down small enough into all of the parts, there is nothing on the list you can't do.

What's next for you?

There's still the Indian Ocean. But I'll see how I feel about the ocean-rowing thing after I finish the Pacific.

TEAMEFFORT



Welcome to the New Broom Town

■ When Ryan Schradin moved from New York to Washington four years ago, he found his new city was lacking something critical: a broomball league. For Schradin, who's besotted with the hockey-esque sport that involves scrambling on ice in blade-less shoes and using sticks that vaguely resemble the namesake cleaning implement, that was a problem.

But now it's solved. He's teamed up with Chase Kickballs to form D.C. Broomball (Chasekickballs.com/dcbroomball), which kicks off tomorrow night at the Tucker Road Ice Rink (1771 Tucker Road, Fort Washington, Md.; registration ends today).

Never played? Perfect. "Most of the time if you play broomball once, you'll fall in love," Schradin promises. You will also fall, which is why helmets are required and shin pads, elbow pads and knee pads are recommended. But when you manage to stay upright, you'll strengthen your legs and better your balance. And get ready to feel winded. "It's constant running, so the cardio is ridiculous," Schradin says. v.h.



weekend, try walking. The US FreedomWalk Festival is this Friday through Sunday with different trail lengths every day (from 5K to 44K). All of them leave from Rosslyn. Sign up at Usfreedomwalk.org.

fit | Nutrition

Sandwich Slim-Down

These combos are figure-friendly and can satisfy midday hunger

Eating four, 400-calorie meals daily fuels energy and revs metabolism while keeping calories in check. And each of these four sandwich recipes happens to fit the bill.

Pork BBQ Sandwiches

- **1.** In a plastic bag, combine **1 LB** boneless pork tenderloin cut into four slices, **1 TBSP** chopped chipotle chilies in adobo sauce, and **1 C** reduced-sodium barbecue sauce. Refrigerate for 30 minutes. (265 calories per 4-oz. pork)
- **2.** Preheat the grill and toast four hamburger buns. (120 each)
- **3.** Spread the cut sides with **1TBSP** barbecue sauce. (21)
- **4.** Grill the pork for five minutes on each side, or until slightly charred and no longer pink in the center. Thinly slice and pile onto the buns.

TOTAL CALORIES: 406

Grilled Almond Butter And Berry Sandwich

- 1. Take two slices of whole grain bread. (160)
- 2. Make jam! Mash I/4 PINT fresh



raspberries and spread it on one slice of whole-grain bread. (29)

- **3.** Spread the other slice with **2 TBSPS** almond butter. (203)
- **4.** Lightly coat outsides of bread with cooking spray. Place sandwich on large nonstick griddle or skillet over medium-low heat. Cook five to seven minutes, turning halfway through, to brown both sides. Cut

in half and serve.
TOTAL CALORIES: 392

Smoked Turkey And Swiss Panini

- **1.** Take two small slices of multigrain bread. (140)
- **2.** Stir **I TBSP** unsalted butter (102) and **I/2 TSP** Dijon mustard (2); spread on each slice of bread

and place the bread, buttered side down, on a plate

- **3.** Top each slice with **3/4 TSP** honey mustard (5) and one slice Jarlsberg lite cheese. (102 per two slices)
- **4.** Add one slice turkey (26) and thin apple slices. (18)
- **5.** Close the sandwich and grill in a hot panini press or other two-sided grill until the bread is browned and crisp, and the cheese is melted, about three minutes. Serve immediately.

TOTAL CALORIES: 395

Tarragon Chicken Salad

I. Combine in a bowl: 3/4 C cooked chicken breast cut into cubes, I I/2 TBSP reduced-fat mayo, I TBSP reduced-fat sour cream, 3/4 TBSP chopped tarragon, I TBSP chopped almonds and I/2 RIB celery finely chopped. Mix thoroughly. (239)

- **2.** Spoon chicken salad onto a small multigrain baguette. (162)
- **3.** Top with two lettuce leaves. (8) TOTAL CALORIES: 409

PB&B Sandwich

- **1**. Take a toasted whole-wheat English muffin. (136)
- **2.** Spread each half with **1 TBSP** peanut butter. (188 per 2 tbsp)
- **3.** Top each half with 1/4 cup sliced banana. (66)
- **4.** Eat as an open-faced sandwich with a side of 20 blueberries. (16) TOTAL CALORIES: 406

MARISA BARDACH AND DIANA KELLY (REPRINT-ED WITH PERMISSION OF PREVENTION © RODALE INC.)

→

EATING IN



Spiral Pasta With Roasted Pumpkin And Plum Tomatoes

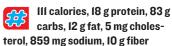
45 MINUTES; SERVES FOUR

INGREDIENTS

- → 6 C peeled and cubed sugar pumpkin or butternut squash
- → 2 MEDIUM yellow onions, peeled and thinly sliced
- → 2 1/2 TBSP olive oil, divided
- → 1/2 TSP kosher salt (or to taste)
- → I/2 TSP ground black pepper (or to taste)
- → 4 PLUM tomatoes, cored and diced
- → 1/3 C fresh sage leaves or 1 TBSP dried rubbed sage
- → I2 OZ. whole-grain spiral pasta
- → I/4 C grated Parmesan cheese

PREPARATION

- 1. Heat the oven to 450 F. Position a rack in the lower third of the oven.
- 2. On a rimmed baking sheet, toss the pumpkin with the onions and 11/2 tbsp of the oil. Season with salt and pepper. Spread the pumpkin in an even layer and roast until the vegetables are beginning to brown, about 15 to 20 minutes.
- 3. Stir in the tomatoes and sage, then roast, stirring once, until all the vegetables are browned and tender, about 10 minutes longer.
- 4. Meanwhile, bring a large pot of salted water to a boil and cook the pasta according to package directions. Drain and toss with the remaining 1 tbsp of oil. Add the roasted vegetables and toss gently to combine.
- 5. Season with additional salt and pepper, if desired, and serve sprinkled with cheese. (AP)



LOCALFLAVOR



Time to Rehab Hospital Cuisine

■ Chef Cary Neff, left, author of the New York Times best-seller "Conscious Cuisine," wears a white coat, just like a doctor. And last week, at the opening of his first D.C. restaurant, the outfit definitely fit in. That's because Flavors 450—his showcase of seasonal ingredients, whole grains and proper portion size—is located at the National Rehabilitation Center (102 Irving St. NW, Nrhrehab.org).

While Neff made a name for himself

at luxury spas, he's now giving hospital grub some critical care. Flavors 450, which features dishes with only 450 calories or less, is designed to dispel myths about nutritious dining. "There's the idea that healthy food takes too long to make. But this is being made to order in two minutes. There's the idea that it costs too much. Everything here is under \$5," Neff boasts.

And the taste matches his mouthwatering descriptions: "That's a sword

of black bean, sake and ginger-glazed portobello mushrooms, over a risotto with turkey bacon—for smokiness—and a root vegetable cream sauce."

Beyond what's on the plate, Flavors 450 provides information sheets and recipe cards and, by next year, Neff hopes to bring in a farmers market. "The goal is to create awareness and opportunity," he says. Expect more of both when Flavors 450 expands to Washington Hospital Center and Children's Hospital. VICKY HALLETT (EXPRESS)

Wellness | fit

STETHOSCOPE

HEARING

Sounds Like a Problem

■ Can you hear me now? Maybe not, if you're a married white guy. That's the group of people most likely to lose their hearing due to exposure to loud noise, according to research presented at last week's meeting of the American Academy of Otolaryngology-Head and Neck Surgery Foundation. The good news is the condition is preventable, and taking high doses of folate (in foods such as spinach, asparagus and peas) can lower the risk.

SPORTS

Footballers' Lives

■ Score one for former pro football players. Although one recent report revealed that they're more likely to develop Alzheimer's and other forms of dementia, a new study in the American Journal of Cardiology also



Married white men are most at risk for losing their hearing due to noise exposure.

found they're less likely to have diabetes, hypertension and metabolic syndrome. The theory is that having an active, fit lifestyle when they were young may have helped them avoid health problems later in life.

MOOD

Mediterranean Meds

■ Mediterranean grub is supposed to slim you down and make your tick-

er tops. So, that's bound to put you in a good mood. But it gets even better: A Spanish study has found that scarfing fruits, veggies, olive oil, fish and whole grains—and limiting meat and dairy—lowers your risk of developing depression by about 50 percent. Don't expect to swap your Prozac for salmon and brown rice, however. Researchers are promoting the diet for prevention of depression, but not treatment.



Nice couples. Nice stories.

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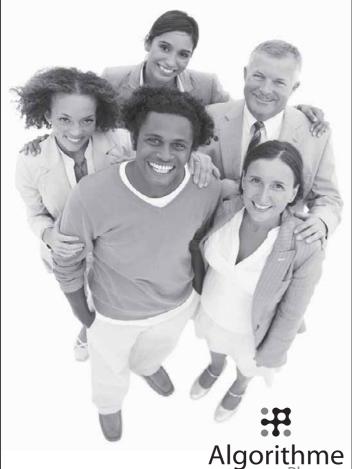


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The Clinical Trials Center of the Walter Reed Army Institute of Research is seeking healthy adult volunteers, male and female, to participate in a malaria research study who:

- Are 18-50 years of age
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- Have never had malaria or traveled recently to a country with malaria
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Please contact the Clinical Trials Center of the Walter Reed Army Institute of Research for more information. Volunteers will receive a free medical evaluation and financial compensation.

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- Have been on medication for at least 6 months.

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For more information, please contact our office at 301-984-8800.



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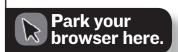
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African American and Caucasian women age 40-60 are needed for a research study addressing questions about menopause.

To see if you qualify or to get more information, please contact

Robert Clark, M.S. 301-295-9666 menopausestudy1@gmail.com

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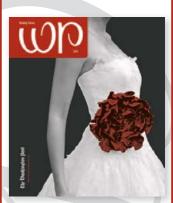
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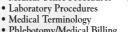
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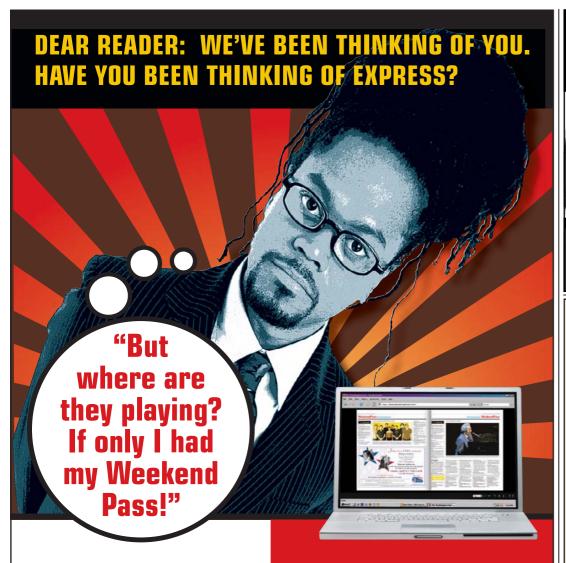
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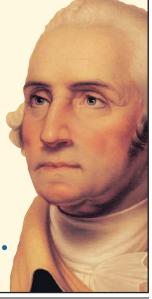
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Joan Not Alone 'Mad Men' siren Christina Hendricks marries in N.Y.C. | 40

lookout

Christmas in October

David Archuleta of 'American Idol' beats the holiday rush with an album of classics

MUSIC | The "American Idol" machine certainly works in transparent ways: Many of its alums release albums in the last three months of the year, just in time for the holiday rush. David Archuleta now joins Clay Aiken in adding an album of Christmas tunes to the collection. Mid-October might be a little ahead of "the holiday rush," but who's counting?

Archuleta's primary problem is that not only is he super-young (he's 18), but he looks even younger. Combine that with the bland sweet-

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→ To hear tracks from the David

Archuleta album, please visit us online.

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ness that he portrayed on "Idol," and you have a bit of a conundrum: He looks too young to do really serious love songs (despite his debut album's single, "Crush"), but he's too old to do kids' music.

All that makes a holiday album make perfect sense for him: It's ageless and timeless. Add to that his overt Christianity, and you have all the ingredients for an obvious album choice.

It's no great surprise that Archuleta sounds good on these tunes: His clear, innocent voice just resonates



WISE CHOICE: A holiday album complements Archuleta's youth and sweetness.

with old classics such as "Angels We Have Heard on High" and "What Child Is This?" And if they'd kept "Christmas From the Heart" to just those traditional songs, it would've been a solid addition to the holiday music canon.

But instead, the "Idol" machine had to add a few embellishments to the track list, which only end up disrupting the tone and flow of the album.

"Have Yourself a Merry Little Christmas" is a duet with YouTube star Charice Pempengco that just drips with cheesy schmaltz (not to mention the fact that the duet aspect is completely unnecessary). And "Ave Maria" finds Archuleta backed by a choir; their voices are understated, but it still sounds like a heartstring-tugging ploy.

Worse yet is the album-closing "Melodies of Christmas." There are few pains more acute than original Christmas music, and this song brings that home: It's unashamedly cheesy ("joyful messages you may find/will send happiness for all mankind") and is one of the few tracks on the album that just feels over-performed.

Despite these cringe-worthy moments, though, most of "Christmas From the Heart" is traditional tunes, sung excellently by Archuleta. Even without adding much new to these pieces, his performance sounds truly genuine and heartfelt; the real question lies in whether the world really needs yet another holiday album.



"This Is It" is the first single from the documentary of the same name.

Jackson's First Swan Song Flies

On single 'This Is It,' the singer sounds strong and confident

SINGLES | Michael Jackson returned to the airwaves Monday with a new song — the first from an upcoming musical documentary featuring the troubled superstar.

It is the first new material by Jackson to be released since his death on June 25.

Jackson sounded confident and almost playful on "This is It," which features his trademark breathy vocal style, perfected over the years since he was a child sensation with the Jackson Five.

He is backed by lush vocals from his brothers, giving the recording a nostalgic, familiar feel

"This is it," says one verse on the new song. "Here I stand. The light of the world. I feel grand."

The song is available on Jackson's official Web site and will also be sent to radio outlets.

GREGORY KATZ (AP)



CASTING Bombshell Battle "Veronica Mars" star Kristen Bell will play Christina Aguilera's rival in "Burlesque," a musical drama from Screen Gems. "Burlesque" centers on the journey of an ambitious small-town girl (Aguilera) with a big-town voice who finds success in a Los Angeles club. Bell is Nikki, the lead dancer and main attraction at the club who spirals out of control when Aguilera's character suddenly seizes the spotlight. Cher has been cast as the nightclub's owner. (THE HOLLYWOOD REPORTER)

lookout entertainment

Didn't Need to Be Found

'Jackass: The Lost Tapes' offers little that can't already be found on the Internet

DVD | Blatantly put, MTV's latest attempt to milk "Jackass" for all its worth — "Jackass: The Lost Tapes" — is a repetitive, extraneous collection of stunts, montages and outtakes that obsessed fans of the show are probably already familiar with — and that won't curry any favor with newbies. In fact, if you pay careful attention to all the promotional material, you'll notice the

"new-to-DVD" description of most of these stunts and pranks — as in, already available on the Internet (MTV scooped itself by posting most of these clips on Jackassworld. com) and totally not worth your precious time or \$13 at Amazon.

The legend goes that most of this material was "lost" and never included in any other DVD sets

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→ For more of this article and to see clips from "Jackass: The Lost Tapes," please visit us online.

W W W . E X P R E S S N I G H T O U T . C O M



Wee-Man, front, is featured in several purportedly "lost" "Jackass" sketches.

of "Jackass." Ninety-three clips are available in this collection, from Johnny Knoxville's testing out various self-defense methods (such as super-concentrated red pepper spray, a stun gun and a Taser) to Preston Lacy's wrapping himself in bubble wrap and becoming a human raft for Wee-Man.

In this economy, do you really want to pay to watch Steve-O put on a crawfish diaper, or to see Dave England chew up peppers, onions and cheese, gulp some eggs, vomit it all back up, cook it into an omelette, eat it with Steve-O and then spontaneously throw it back up on each other, when you can easily view these clips on Jackassworld.com instead? We're going to go with the answer "no."



entertainment lookout

Darker and Deeper

The Flaming Lips' new 'Embryonic' is a rich evolution of the band's sound

MUSIC | There is no fanciful narrative behind the Flaming Lips' new album, "Embryonic." There is no accompanying low-budget science-fiction film. Listeners will not be required to simultaneously activate four CD players to experience the album as it was intended to be heard.

Instead, the Flaming Lips opted to just make a really good rock album. They haven't forsaken their weirdness; they've just opted to channel their creativity into the music rather than gimmickry.

Most of "Embryonic" finds the



"Flaming Lips" lead Wayne Coyne delves into darkness on "Embryonic."

Lips exploring darker, repetitive sounds. One of the most striking evolutions on "Embryonic" is in Wayne Coyne's vocals. On a number of songs, he sings in a deeper, more commanding voice that is nearly unrecognizable as

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→ For an extended version of this review, please visit us online.

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the same man who once keened "She Don't Use Jelly." "Convinced of the Hex" opens the album, and if not for the notable Krautrock influence, Coyne could be mistaken for Spoon's Britt Daniel.

Although "Embryonic" includes a whopping 18 tracks, none seems like a throwaway. Even the free jazz instrumental "Aquarius Sabotage" and the goofy "I Can Be a Frog" contribute to the overall sonic texture. After more than a quartercentury as a band, the Flaming Lips are still vital and youthful, and "Embryonic" is a fully formed success. MEG ZAMULA

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Hi. How Is He?

He's better, thanks. Daniel Johnston, the cult singer-songwriter with bipolar disorder, is back on his game with "Is and Always Was," his latest album of Beatles-inspired lo-fi bedroom pop. (Visit Expressnightout.com for Johnston's song-by-song discussion.) It's all very emotional and odd, just like Johnston's reedy voice, but he's gained admirers as diverse as Nirvana,

Yo La Tengo and Mike Doughty. c.p → 9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930; 930.com.

(U St.-Cardozo)

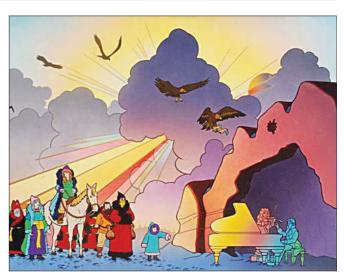


Compiled by Express' Fiona Zublin and Christopher Porter. Read more picks every day at Expressnightout.com/topstops.

¿Dónde Está la Biblioteca?

Take a break from the daily grind to browse Spanishlanguage literature during a free tour of the Library of Congress' Hispanic Reading Room, part of the SpainDC festival. There's even an audio collection in case reading seems like too much trouble. A talk comes after the tour. Reservations required. F.Z.

→ Library of Congress, Jefferson Building, First Street and Independence Avenue SE; 1-3 p.m., free; RSVP at Spaindc.org. (Capitol South)



Comic Look

Raymond Uhlir's paintings may look like 1980s kids' cartoons, but the themes and the narrative of his latest show, "Relatively Epic" — in which a woman struggles with family, community, religion and colorful magic clouds — are straight out of classic Western mythology. Actually, so are the themes of 1980s kids' cartoons. Rainbow Brite was totally the heroine with a thousand faces. F.Z.

→ Project 4, 1353 U St. NW, third floor; through Oct. 24, free; 202-232-4340, Project4gallery.com. (U St.-Cardozo)

COUPLES RETREAT (PG-13) (1140 110 210 350 450) 640 740 920 102 HOPE THEY SERVE BEER IN HELL (R) - ID REQ'D (120 410) 710 955 ZOMBIELAND (R) - ID REQ'D (1125 1220 140 240 520) 800 930 1030 OC: ZOMBIELAND (R) - ID REQ'D (420 PM) 700 PM WHIP IT (PG-13) (1130 210 510) 750 1040 INVENTION OF LYING (PG-13) (1110 150 430) 720 1000 CAPITALISM:A LOVE STORY (R) - ID REQ'D (1210 320) 620 930 TOY STORY 3D - DOUBLE FEATURE (G) ★ (1240 PM 500 PM) 900 PM SURROGATES (PG-13) (1250 330) 600 820 1045 FAME (PG) (100 340) 650 95 THE INFORMANT (R) - ID REO'D (1120 200 440) 730 1010

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WHIP IT (PG-13)

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CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1240 140 250 350 500) 600 710 810 920 1020 (110 400) 650 1000 (300 PM) 700 PM (1250 320 530) 740 1015 (1220 315 545) 845

(1230 240 510) 720 930 TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (100 340 310) 260 900 INGLORIOUS BASTERDS (R) - ID REQ'D (120 PM 440 PM) 820 PM JULIE & JULIA (PG-13) (1245 330) 630 940

GOOD HAIR (PG-13) (130 350) 720 95 (170 40 440) 730 100 (2A) TALLISM: A LOVE STORY (B) -1 D REQ'D (110 440) 730 100 (2A) TALLISM: A LOVE STORY (B) -1 D REQ'D (110 410) 710 100 (20 410) 740 100 (170 510) 740 10 TOY STORY 3D - DUDBLE FLATIONS (2) PARANORMAL ACTIVITY (R) - ID REQ 0 (105 200 320 430 535) 650 750 920 1020

FAME (PG) LOVE HAPPENS (PG-13) 9 (PG-13) (120 400) 705 940 (340 PM) 930 PM (125 PM) 725 PM

MANASSAS S **TADIUM 14** 800-FANDANGO 490#

COUPLES RETREAT (PG-13) (1
WHIP IT (PG-13) (1
WHIP IT (PG-13) (1
VENTION OF LYING (PG-13)
ZOMBIELAND (R)- ID REQ'D (1
TOY STORY 3D - DOUBLE FEATURE (G) (100 230 345 500) 630 730 915 100 (330 PM) 615 PM 845 PM (115 350) 640 920 (130 300 415) 600 715 810 945 1020 (400 PM) 800 PM (125 340) 610 830 (200 515) 815 1045 (110 410) 720 1030 (145 445) 700 930 (120 420) 745 1015 SURROGATES (PG-13) SURROGATES (PG-13)
FAME (PG)
(200 515) 815 1045
THE INFORMANT (R) - ID REQ'D
(110 410) 720 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG)
(145 445) 700 930
LOVE HAPPENS (PG-13)
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
(245 530) 805 1040
(215 430) 645 900

television lookout

Eye-in-the-Sky Surgery

'Hubble's Amazing Rescue' chronicles the telescope's repair

SCIENCE | "Bubble, bubble toil and trouble! Get to Hubble on the double! Science series "Nova" (8 p.m., PBS) presents "Hubble's Amazing Rescue," an hour-long look at the multimillion-dollar mission to repair the deep-space telescope.

We get to see the shuttle team training in a vast NASA facility, a lake-size swimming pool used to simulate space walks. Their six-day mission requires them to replace broken telescopes and replace circuit boards all while drifting weightlessly in space. Think of installing a new motherboard or graphics card on your



The crew of the STS-I25 mission — the last to the Hubble — fixed the telescope.

personal computer, and then imagine doing that while wearing a 300-pound spacesuit and cumbersome gloves and doing it in an environment where normal laws of weight, motion and inertia do not apply.

But even the practice-makesperfect culture of NASA cannot anticipate the jammed screws and stuck bolts that greet our space-traveling repair team. A nice combination of "The Right Stuff" and "This Old House," tonight's "Nova" proves that Murphy's Law still holds 350 miles above the Earth's surface. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's <mark>lineu</mark>p

BIGGEST

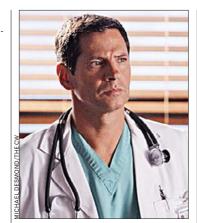
A BIGGEST LOSER (8 p.m., NBC) challenge winner gets to divide the contestants into two teams, each of which will train with either Jillian Michaels or Bob Harper.

MOMMY DEAREST

Silver and Kelly (Jessica Stroup and Jennie Garth) deal with shocking news about their mother (guest star Ann Gillespie) on 90210 (8 p.m., CW). Adrianna (Jessica Lowndes) tells Navid (Michael Steger) she needs more time to herself. Jen (Sara Foster) asks Naomi (AnnaLynne McCord) to lend her a large sum of money. Jasper (guest star Zach Sherman) saves Annie (Shenae Grimes) from a bad date.

ALL ABOUT ME

Like many of Kevin Costner's movies, **WYATT EARP** (8 p.m., AMC) is a bit of an ego trip, but the cast includes



Violet plays sick to meet with Michael (Thomas Calabro) on "Melrose Place."

Gene Hackman, Dennis Quaid, Mark Harmon, JoBeth Williams, Mare Winningham and Bill Pullman, and Owen Roizman scored a richly deserved Oscar nod for cinematography.

IT'S IN THE JEANS

On MELROSE PLACE (9 p.m., CW), a

famous fashion designer (guest star Kevin Alejandro) wants Riley (Jessica Lucas) to be the face of his new jeans campaign. Lauren (Stephanie Jacobsen) takes a job on a yacht but panics when she runs into David (Shaun Sipos). Violet (Ashlee Simpson-Wentz) plays sick to orchestrate a meeting with Michael (Thomas Calabro) as part of her plan to exact revenge. Michael Rady also stars in the new episode, "Shoreline."

UNLIKABLE AS EVER

Already feeling disrespected and unappreciated, Zoila doesn't take it well when Jeff threatens to replace her on **FLIPPING OUT** (10 p.m., Bravo). Jeff insists on having a person who has been living outside Chaz's studio removed, but the situation comes to a sad resolution that once again forces Jeff to re-evaluate his behavior in the new episode, "Spirit of the Land." (TRIBUNE MEDIA)

CASTING GOOD COP, Bad COP Bradley Whitford has been tapped to star in "Jack and Dan," a new I3-episode series for Fox. The series centers on Jack, an ambitious, by-the-book cop who is partnered with Dan (Whitford), a drunken, lecherous wild card who hangs onto his job only because of a heroic act years before. Filming on the show is slated to begin early next year. (THE HOLLYWOOD REPORTER)



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Location:

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Poll Center

WILL WINNING THE NOBEL PEACE PRIZE HELP OBAMA **ACHIEVE HIS GOALS?**

YESTERDAY'S RESULTS AS OF 5 P.M.

63%



"Obama's winning the Nobel Peace Prize will not affect his thinking or his strategy to bring back the U.S. The only thing that the Nobel Peace Prize will be helping is his ego!"

COMMENTER EMMA

"No. If President Obama was so deserving of this prize, he wouldn't 'need' it to achieve his goals. I note that he failed to win the Nobel Prize in economics, which should have been his goal."

COMMENTER ANOTHER PERSON

"If by goals you mean that global nuclear disarmament mumbo jumbo, not a chance."

COMMENTER DIOGENES

W W W . E X P R E S S N I G H T O U T . C O M

SEE HOW YOUR METRO STATION VOTED



"I CAN SORT OF understand the school's problem with [the kid] having a knife, but how on Earth does that merit being sent to reform school?"

QANDO.NET CAN'T UNDER-STAND WHY A NEWARK DEL 6-YEAR-OLD WAS PUNISHED SO HARSHLY FOR BRINGING A **CUB SCOUT EATING UTENSIL TO** SCHOOL.





"DEAR BOSTON Red Sox: now that vou've been knocked out of the playoffs in the first round by a team that can't decide which city it's in, can your fans maybe stop being such [jerks]?"

JORDANBAKER.BLOGSPOT.COM HOPES THAT RED SOX FANS WILL BE SILENCED AFTER THE TEAM WAS SWEPT OUT OF THE MAJOR LEAGUE BASEBALL PLAYOFFS BY THE LOS ANGELES ANGELS OF ANAHEIM.



A COMMENTER AT SPORTS.RIGHTPUNDITS.COM CANNOT IMAGINE THE CONSERVATIVE TALK SHOW HOST WILL BE ALLOWED TO BECOME A PART-OWNER OF THE ST. LOUIS RAMS, DUE TO HIS REPUTATION.

"To my ears, it sounds like some secondrate MJ pastiche. Ever since the mid-'90s, MJ was only ripping himself off."

BLOG.LIMEWIRE.COM FINDS THE NEW MICHAEL JACKSON SONG "THIS IS IT." RELEASED ALMOST FOUR MONTHS AFTER HIS DEATH, DISAPPOINTING, ADDING. "UNFORTUNATELY, THE TRACK IS CLASSIC LATTER-DAY JACKSON."

"I JUST CAN'T GET OVER working on a federal holiday when you work for a federal contractor in a federal building. I feel like it's pretty obvious that if your office building is closed, you shouldn't have to report to work."

TALENTEDUNEMPLOYEDJD.BLOGSPOT.COM WAS EXTREMELY UNHAPPY ABOUT BEING FORCED TO WORK ON COLUMBUS DAY.

-10s

-Os 0s 10s 20s

70s

80s

90s

National Weather for Tuesday, October 13

5 Day Forecast for the Washington Area



Partly sunny

70°



45°

Wednesday



52° / 43°

Thursday



46° / 41°

Friday

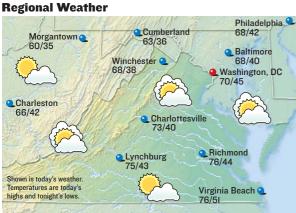


48° / 42°

Saturday



53° / 42°



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon. **Temperature**

ligh	579
ow	49°
Normal high	69°
Normal low	519
Average humidity 5	59%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.03"
Normal month to date .	1.32"
Year to date	30.00"
Last year to date	40.00"
Normal year to date	31.37"

washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny. High 70. Wind northnorthwest 10-20 mph. Tonight, mainly clear. Low 45. Wind north-northeast 7-14 mph.

Sun and Moon

Sunrise today	7:16 a.m.
Sunset tonight	6:33 p.m.
Moonrise today	1:57 a.m.
Moonset today	3:54 p.m.

City Atlanta Boston Chicago

T-storms

.___ Flurrie ★ ★ Snow ▽ ▽ Ice

Dallas

Denver

Honolulu

Orlando

Los Angeles Miami

New York City

Flurries

National Cities

Today **Hi/Lo/W**

71/60/c

57/40/r

50/38/pc

74/73/t

58/38/c

85/72/s

69/60/r

90/79/s

64/45/pc

93/73/s

54/45/r

Sunrise today 7:16 a.m.
Sunset tonight 6:33 p.m.
Moonrise today 1:57 a.m.
Moonset today 3:54 p.m.

World Cities

Shown are noon positions of weather systems and precipita-tion. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

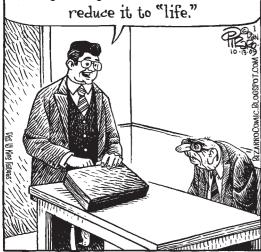
Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W	
65/58/r	Amsterdam	55/45/sh	52/37/s	
53/38/pc	Athens	77/50/r	70/49/s	
50/37/r	Berlin	45/34/sh	41/34/r	
90/68/pc	Buenos Aires	75/48/t	61/39/pc	
65/42/c	Calgary	28/I2/sn	30/18/sn	
85/73/s	Dublin	61/48/pc	63/48/pc	
70/60/r	Geneva	54/36/c	55/28/pc	
90/78/t	Moscow	55/50/r	63/50/pc	
58/42/pc	Rome	63/43/s	6I/4I/pc	
90/73/t	Sydney	75/55/pc	72/55/pc	
56/45/r	Tokyo	73/6I/pc	72/59/pc	
sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ic				

Seattle s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-

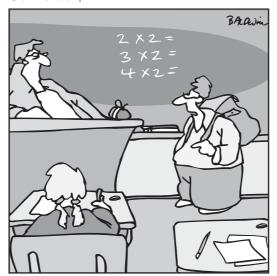
comics lookout

Bizarro | Dan Piraro

Good news. The judge wanted to give you 10 years, but I got him to reduce it to "life."



Cornered | Mike Baldwin



"I'm not late. Everyone learns at their own speed."

Pooch Cafe | Paul Gilligan









Pearls Before Swine | Stephan Pastis

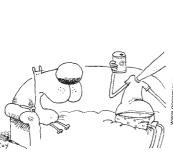






The Duplex | Glenn McCoy







Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) You're not going to want to stop until you've reached an established goal, but there is such a thing as working yourself too hard.

SCORPIO (Oct. 23-Nov. 21) Taking that first step in a new direction is likely to prove to be the hardest part of your day. Once you've begun, momentum builds quickly.

SAGITTARIUS (Nov. 22-Dec. 21) You're likely to be pressured from all sides, and the road taken is your choice. All options are viable.

CAPRICORN (Dec. 22-Jan. 19) A more creative approach can serve you well. You may be surprised to discover just how far you can go in pursuit of a new goal.

AQUARIUS (Jan. 20-Feb. 18) Keep your head in the game, and avoid the kinds of distractions that could have you sacrificing something you really want.

PISCES (Feb. 19-March 20) You'll have the chance to take charge of a difficult situation and prove that you know how to navigate rough emotional waters.

ARIES (March 21-April 19) The time is fast approaching when you will have to put it all on the line in the name of a good cause. Preparations begin.

TAURUS (April 20-May 20) Things are likely to change quickly, requiring you to be flexible and willing to accept rewards different from those you had anticipated.

GEMINI (May 21-June 20) You may have to put yourself through something quite difficult before you come out on the other side ready for anything. Be courageous.

CANCER (June 21-July 22) With a good friend and ally by your side, you should be able to overcome an unexpected but formidable personal obstacle.

LEO (July 23-Aug. 22) Keep yourself primed and ready for action - you never know when you'll be called upon to be the flag bearer for an important cause.

VIRGO (Aug. 23-Sept. 22) You needn't look far for that missing ingredient that can enable you to shine at this time. It is near — and ready to be put to good use.

Today in History

1775 The U.S. Navy is founded as the Continental Congress orders the construction of a naval fleet.

The corners co... Executive Mansion, later The cornerstone of the known as the White House, is laid during a ceremony in Washington, D.C.

1943 Italy, during World Warll, declares war on Germany—its former Axis partner.

1960 Richard M. NIXOII and John F. Kennedy participate in the third televised debate of their presidential campaign, with Nixon in Hollywood, Calif., and Kennedy in New York.

93 A fanatic fan of tennis star Steffi Graf's is convicted in the stabbing of rival Monica Seles and receives a two-year sus-

1994 In the largest deal between software



The cornerstone of the White House was laid in a ceremony Oct. 13, 1792.

firms, Intuit Inc. accepts a \$1.5 billion takeover offer from Microsoft Corp.

French lawmakers adopt 1999 a law giving unwed gay and straight couples the same rights previously limited to the married. Similar legislation already existed in several European countries.





lookout puzzles



This is, like, Gosselin-caliber news in England. Where are their priorities?

If You Were British, This Would Be a Big Deal

England's PRINCE HARRY seems to have reunited with ex-girlfriend Chelsy Davy after their January breakup, People.com reported. The pair have been seeing each other for weeks and were photographed together this weekend for the first time since their split. (EXPRESS)

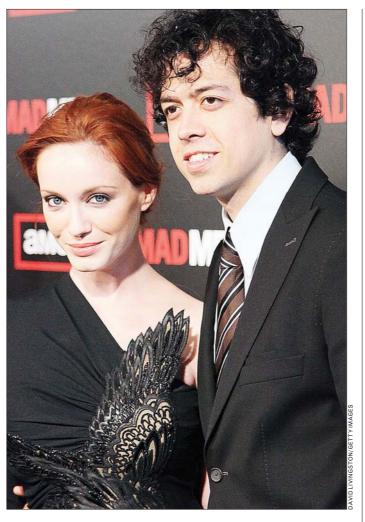
FILLER

Gosselins Didn't Do Much Today, So We Ran This Item

Director MIKE NICHOLS has been chosen to receive the 38th American Film Institute's life-achievement award. Nichols — whose films include "The Graduate," "Silkwood" and "Who's Afraid of Virginia Woolf?" — will receive the AFI honor next summer. (AP)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



Joan's off the Market

"Mad Men" star CHRISTINA HENDRICKS wed actor GEOFFREY AREND Sunday at New York's II Buco restaurant, People.com reported. Hendricks wore a Carolina Herrera gown, and the pair exchanged platinum Tacori rings. (EXPRESS)

GIMMICKS

'Would You **Like Some Aging Pop** Icon With That Frappucino?'

CARLY SIMON is suing Star-

bucks Corp., saying its now-defunct music venture didn't adequately promote her 2008 album. The singer is seeking unspecified damages related to the release of "This Kind of Love." In a lawsuit filed Friday in Los Angeles, Simon said the If it's Carly vs. an eggnog latte, guess what wins?

album wasn't available in enough Star-

bucks stores in the early months after its release. When the disc was stocked, the company slashed the price. "By doing so, Starbucks stigmatized Ms. Simon's album as an album that could not be sold at full price," according to the claim. (AP)



Past UNICEF ambassadors include Audrey Hepburn and David Beckham.

Actor to Advocate for Needy Kids Worldwide

UNICEF has named ORLANDO **BLOOM** its goodwill ambassador in recognition of his commitment to children's rights around the world. Bloom has supported UNICEF's work since 2007. As an ambassador, Bloom plans to focus on raising awareness of the global organization and advocating for needy children worldwide. (AP)

Governing to Resume Finally

Newark Mayor Cory Booker, who has garnered national attention for his passionate defense of the crime-plagued New Jersey city, is taking his act to the airwaves. "Tonight Show" host CONAN O'BRIEN, who has been engaged in a playful feud with Booker since Sept. 23, has scheduled Booker to appear Friday on the NBC show. (AP)



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puzzles lookout

19

22

42

70

Yesterday's Solution

23

62

9

6

1

7 8

8

43

CROSSWORD | MY TYPE OF PUZZLE

ACROSS I Honors with a party 6 Apostrophe follower, often 9 Filthy dough 14 Certain atmospheric gas 15 Batman portrayer Kilmer 16 Part of a key chain? 17 Fresh-baked bread emanation 18 Annoyed state 19 Frequent backdrop for Frankie and Annette 20 Type of child's play 23 Place to wallow in mud 24 "Harlem Nocturne" instrument 25 Sunscreen, of a kind 27 Climax 32 One on the Mohs scale 33 Do the wrong thing 34 Assemble the components 36 Fragrant spring shruh 39 Ditch under a drawbridge 41 .26 gallon

43 "And miles

before I sleep'

44 Fund, as a

foundation

46 It may be

rounded up

question?

McGregor

51 Devilish

56 Word with

48 The person in

49 "Big Fish" star

53 On the main deck

water" or "maker'

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includes the digits I through 9.

column and 3-by-3 square

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Post every Sunday and in

the Style section Monday

through Saturday.

program.

solution, tips and computer

57 Vietnamese monetary unit 58 Fd Sullivan vehicle 64 "Go fly _ 66 Word on a dipstick 67 Lobster's claw 68 Caruso or Carreras, e.g. 69 The plot thickens with it 70 Eye emphasizer 7I Starts the pot 72 '60s Tarzan Ron 73 Derby town in

Cornell 3 Absconded with 4 Catch, spider-style 5 Dark food fish 6 Worse than bad 7 Agra dress 8 Insomniac's desire 9 Conservative's foe 10 Obtain some value from II Teacher's pest? 12 Book's right-hand page 13 ___ alcohol 21 More than suspend 22 Brewery fixture 26 Touched the ground, as a plane landing 27 Deep red blood pigment 28 Tend to pressing issues? 29 Average in school?

singer Redding

2 University founder

I "... oceans, white with_

30 "Mr. Pitiful"

20 39

28

49

31 All together, in music 35 Ball-37 Eastern title of honor (var.) 38 Calm, ___ and collected 40 Removes from the shoulder 42 Install to new specifications 45 Deferments 47 Be Earth-friendly 50 Doc. to protect company secrets

52 Send off again

Yesterday's Solution

4 9

2 8

6 3

> 8 6

7 5 4 6 3

3

7 4 8 2 6 9

3 2 6 5 8 1

4 5

9 5

1 9 8

5 1 9 7

2 9 1

7

5 2 3

8

3 4 8

66 69 53 "Ain't __ Shame" 54 Like a bucket in an old song 55 Wipe off the board 59 "American_ the farm

4

8 5

8

9

3 1

2

4

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7

4 6 1

1

3

6

5

9

15

18

21

41

24

60 Watery vortex 61 They lay around 62 The cheaper spread 63 Raise the temperature 65 Podiatrist's concern

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